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HALIFAX

metro



COLE HARBOUR FIGHTER PUNCHES HIS OWN TICKET

CHRIS KELADES A LATE REPLACEMENT IN PRELIMINARY BOUT FOR UFC FIGHT NIGHT 54 AT SCOTIABANK PLACE IN HALIFAX **PAGE 21**

Business goes to the (small) dogs

Petite Urban Pooch Inc.
Halifax lawyer trades courtroom for canines

 **HALEY RYAN**
haley.ryan@metronews.ca

A few years after Christine Black began practising law, the 30-year-old has started on another ruff career.

This week, Black and her Yorkshire terrier Chester opened the doors to Petite Urban Pooch Inc., a small dog daycare on Isleview Street for pups about 20 pounds and under.

"I really wanted to focus on the people who weren't currently using daycare and find out why," Black said Tuesday.

After canvassing for opinions and using online surveys, Black noticed many small dog owners like herself felt nervous when it came to bringing their dogs to an off-leash park or daycare with larger dogs.

"It's not to say a small dog couldn't hurt another ... but it just eliminates one of the many risk factors,"

she said.

She also used to worry Chester would escape under fences, so Black said the 1,500-foot daycare has an outdoor area with a wooden fence flush to the ground, plus small tents, chairs and indoor play room.

"When you have a dog who is seven pounds, it's like a newborn baby. It's a little difficult," Black said.

Black and her husband got Chester two years ago,

great move,' and everyone else was like, 'Are you sure?'" Black laughed.

For those who may be debating whether to switch jobs or start their own business, Black said they shouldn't be afraid to take risks because your family and community will always usually amaze you with support.

"If you're passionate about something then I think it's hard not to be suc-

Quoted

"I'm trying to create a little something different."

Christine Black, owner of Petite Urban Pooch Inc.

and she said they struggled with ways to exercise him properly through the winter and during her long hours at the law office.

After getting a loan with CEED and finding the space on Isleview, Black said her family and friends were originally "shocked" but are now fully on board and volunteered a lot of time to help renovate.

"All the lawyers were like, 'Go for it, this is a

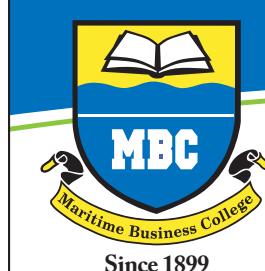
cessful,'" Black said. "I think it really brings out the best in people."

Black said she is hoping to have up to 20 pups running around the daycare within the next few weeks — if they pass a one-on-one interview with Chester.

"Small dogs in Halifax are going to get opportunities to socialize and exercise that they otherwise wouldn't, and that makes me happy," Black said.



Christine Black, owner of Petite Urban Pooch Inc., and her dog Chester pose for a photo at their new little dog daycare on Tuesday. JEFF HARPER/METRO



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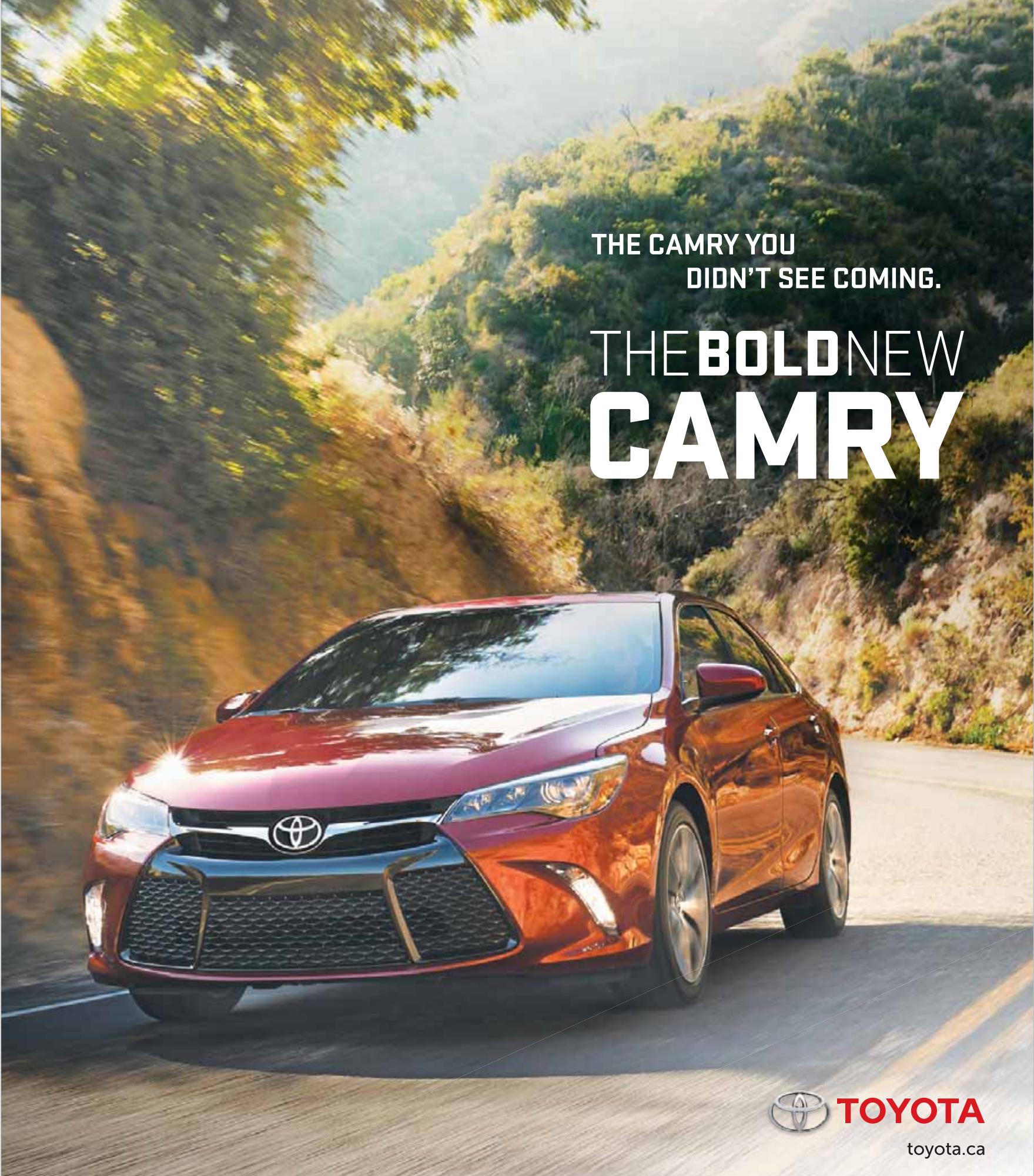
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1

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A Veterans Parade of Honour takes place today as part of Treaty Day. The parade begins at 10:45 a.m. at St. Mary's Basilica and goes to Grand Parade for a flag-raising ceremony.

2

PHOTOPOLIS

Photopolis, a citywide celebration of photography, starts today. The event includes 35 photography exhibits and 40 events over the course of October.

3

CALI BAG BAN

Planning a shopping trip to the Golden State? Bring a reusable bag. California has become the first U.S. state to ban single-use plastic bags.

4

LIGHT THE WAY

The torch route for the Toronto 2015 Pan Am Games will be revealed today with the help of retired astronaut Chris Hadfield and Olympians Simon Whitfield and Catriona Le May Doan.

5

KUNG FU PARITY

Netflix has reached an agreement with The Weinstein Company to make the new Crouching Tiger: Hidden Dragon available online as it debuts in IMAX cinemas.

1
NEWS

Union protest gets ugly as Liberals push through bill

Bargaining structure.

Protesters block traffic, halt premier's vehicle, allegedly assault cop

The frustration of some of Nova Scotia's unions spilled over Tuesday as protesters blocked traffic outside the legislature, while inside the government continued to push through legislation that reorganizes the bargaining structure in the health-care system.

An SUV carrying Premier Stephen McNeil was caught up in the protest, with several people sitting in front of the vehicle chanting "shame."

A 40-year-old man from Enfield is due to appear in court at a later date to face a charge of assaulting a police officer.

The Liberal bill would consolidate 50 bargaining units down to four, each assigned to a union that would represent employees doing the same kind of work.

Public-sector unions say the bill will deprive workers of the right to choose who represents them. The government says it

will be more efficient.

"We've been given a mandate to run the finances of this province and to ensure that essential services are there," McNeil said inside the legislature. "That's exactly what we are going to do."

The bill has passed second reading and was moved to the committee stage Tuesday, with the intent of getting to third and final reading on Friday.

The unions have said they want to form a bargaining association, which would negotiate collective agreements for different unions without workers changing the unions to which they belong.

Joan Jessome, president of the Nova Scotia Government and General Employees Union, said the unions could lose members as part of any arbitration process.

"We aren't there by ourselves; we're there with the employers, and if they don't agree ... then they will get exactly what they want," Jessome said.

The government has said that if mediated negotiations end up in arbitration, the arbitrator would decide union representation. **THE CANADIAN PRESS**



Protesters wait outside the legislature in Halifax on Tuesday. The Nova Scotia government has introduced a bill that would consolidate 50 bargaining units in the health-care sector down to four, each assigned to a union that would represent employees doing the same kind of work. **ANDREW VAUGHN/THE CANADIAN PRESS**



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MetCap lax on repairs: ACORN

'Excuses.' Community group says building manager not meeting housing standards



HALEY RYAN
haley.ryan@metronews.ca

A community group is calling on MetCap Living to meet and discuss multiple tenant issues in the company's apartment buildings because the group's members are tired of "all their excuses for not doing repairs."

On Tuesday, members from the local ACORN (Association of Community Organizations for Reform Now) chapters in Halifax and Dartmouth waited outside the MetCap Living office at 35 Highfield Park Dr. to hand over a letter asking management to meet and go over "housing standards issues."

"I have seen electrical damages like plugs burned out, water damage from windows not being fully installed, black mould," said Dartmouth chair Jonathan Brigley, who said he's lived in MetCap buildings for the past seven years.

"We just got tired of dealing with MetCap and all their excuses for not doing repairs."

Brigley said about two dozen people showed up for a Dartmouth chapter meeting, where long wait times for damaged units was a big issue for MetCap residents.

Brigley said the supervisor for his apartment on Nivens Avenue recently told him management has stopped spraying for bugs, although some units have bed bugs. He added that it's now up to residents to supply their own spray to get rid of pests — which he can't afford.

Brigley contended that MetCap has also tried to overcharge him for rent and has stated he owes back pay for the last year, but he has checked his receipts and "corrected them on this error four times."

"A lot of people have gone to the tenancy board ... just to get rid of rot," Brigley said.

Lisa Fairn said she has lived in an apartment at 35 Highfield Park for the last two years, and it took six months for managers to fix a crack in her wall.

Fairn said she has seen five superintendents come and go in one year, and would like to see money put into keeping consistent superintendents who focus on repairs.

MetCap property manager Teddy Zaghoul did not return Metro's request for comment on Tuesday.



Jonathan Brigley and other members of ACORN speak with reporters as they wait for staff to return at MetCap offices in Highfield Park to deliver a letter of complaints on Tuesday. JEFF HARPER/METRO

Men climbed crane drunk: Cops

Police say two drunk men have been arrested after they scaled the walls of the Nova Centre construction site.

Halifax Regional Police spokesman Const. Pierre Bourdages said officers were called about the men in the fenced-off area on Sackville and Argyle streets around 1 a.m. Tuesday.

Bourdages says the men — both 23 and under the influence of alcohol — were spotted climbing one of the cranes on

the construction site.

When officers arrived, the men had made their way back down from the crane, but found themselves on an above-ground section from which they couldn't get down.

Bourdages said officers had to help the two men down to the ground from about 40 feet.

One of the men, who is from Halifax, was arrested without incident.

Bourdages says a second

Quoted

"It could have been disastrous for these two men."

Halifax Regional Police spokesman Const. Pierre Bourdages

man resisted arrest and allegedly pushed one of the officers before being taken into custody.

Twenty-three-year-old Darren Andre Pettipas of Linwood,

which is near Port Hawkesbury, is facing charges of resisting arrest and assaulting police.

The man from Halifax has been charged with public intoxication. His name wasn't released from police.

"Any construction site is dangerous in the best of conditions," Bourdages said of the bizarre, yet scary, incident.

"There are all kind of safety concerns there."

PHILIP CROUCHER/METRO

Dartmouth. Teens try to sell shotgun at bus terminal, police say

Police say two teenagers are facing charges for trying to sell a shotgun at the Halifax Transit Bridge Terminal in Dartmouth.

Halifax Regional Police say they were called to the terminal Monday afternoon and found the two would-be sellers there.

Both were arrested with-

out incident after police allegedly found a sawed-off shotgun in a duffel bag, which one of the two was said to be carrying.

Frederick Schofield, 19, and a 14-year-old boy, both of Dartmouth, are now each facing numerous weapons charges.

METRO

Kentville

Cape Breton reservist up on child-porn charge

A Cape Breton reservist charged with possession of child pornography is scheduled to appear in a Kentville courtroom later this month to enter a plea.

Cpl. Lawrence Arthur Jordan of Lingan Road, a 27-year-old primary reservist with the Cape Breton Highlanders,

was charged in May after an incident at Camp Aldershot in 2013. Jordan made a provincial court appearance earlier this week and his case was adjourned until Oct. 27 for plea.

Canadian Forces National Investigation Service investigated the offence, which allegedly occurred June 18, 2013, at the Kings County facility. According to court documents, Jordan is accused of possessing digital graphic images and/or videos.

CAPE BRETON POST

Gary Arsenault

Guilty plea in Glace Bay bomb-threat case

A Glace Bay man has been sentenced after pleading guilty to charges stemming from a false report of a bomb.

Gary John Arsenault, 34, pleaded guilty to public mischief by calling police and reporting there was a bomb in the Glace Bay

Army and Navy Club. He also pleaded guilty to a second mischief charge by interfering with the lawful operation of the club.

Three other charges were withdrawn.

Arsenault was given credit for the 40 days he spent on remand and was ordered to complete a 18-month probation period, during which he is to have no contact with the Army and Navy Club nor any staff person.

CAPE BRETON POST

Sydney

N.S. family doctor to stand trial on sexual assault

A Sydney family doctor has been committed to stand trial on a single count of sexual assault.

Dayananda Kodagoda, 65, is alleged to have committed the offence Aug. 19, 2013, in Sydney. The complainant in the case is female.

Kodagoda was ordered to stand trial after a preliminary hearing. He is not scheduled to appear in Supreme Court Nov. 3 to receive a trial date.

Kodagoda continues his release on conditions including a provision that he not perform examinations on female patients without another woman in the room.

CAPE BRETON POST

For more local news, visit metronews.ca





A student walks past a building at Dalhousie University in this October photo. JEFF HARPER/METRO

Hazing complaint suspends play for Dal men's rugby club

University proceeding with investigation.

Alleged incident second in as many years at south-end school

A Halifax university that saw its women's hockey team sidelined last year over complaints of heavy drinking and humiliating behaviour has suspended its men's rugby club while it investigates fresh allegations of hazing.

A spokesman with Dalhousie University said Tuesday the school began looking into the matter after receiving a formal complaint from a university employee within the last two weeks.

Brian Leadbetter wouldn't provide any details about the nature of the complaint, who filed it, where the incident occurred or who was involved,

New policy

Dalhousie University says it does not tolerate hazing in any form, according to a new policy adopted in April. Anyone involved in hazing could face disciplinary action, including removal from a team.

but said it was serious enough to warrant a suspension of the team's privileges.

"We do not tolerate behaviour that humiliates, disrespects or threatens anyone in the campus community ... and that's why we're moving ahead with this investigation," he said.

"There will always be isolated incidents of individuals crossing the lines of acceptable behaviour and that is certainly the case from our perspective in terms of the investigation

we're moving forward with."

The school quietly posted a statement about the suspension on its website Friday, saying that due to the seriousness of the allegations it had stopped the club's funding and insurance under the Dalhousie Sport Club Handbook.

Leadbetter said that will remain in effect until the completion of the investigation, which could take up to 60 days according to the rules in its hazing policy.

During the investigation, the club will not be permitted to represent Dalhousie University in Rugby Nova Scotia's university league or book space on campus. Players also cannot wear university colours or uniforms.

The funding being held back pending the outcome of the investigation is about \$4,000, which is used for team travel and other administrative costs.

The team was already on

probation for misbehaviour, but Leadbetter wouldn't provide any details. He would only say that it was "an unrelated, non-hazing incident that occurred during a recent trip."

At the time, the club — which has about 50 players on two teams — was told that

Forced to forfeit season

Women's team took heat last year

It is not the first time the school has dealt with an alleged hazing incident involving one of its sports teams.

Last year, most of the women's varsity hockey team was suspended after the university investigated

any further misconduct would lead to the loss of its privileges.

Lindsay Dowling of the Dalhousie Student Union said she was saddened to hear of this latest complaint, but didn't know the details of it.

No one from the rugby club was available to comment.

THE CANADIAN PRESS

complaints of hazing at a private house party in September 2012. Dalhousie University said the party involved excessive drinking and intimidation.

Players, however, accused the university of overreacting, saying no one was harmed or forced to take part in any activity.

With all but the team's rookie players suspended, the team was forced to forfeit its season.

Research OK. N.S. moves ahead on high-volume fracking ban

Nova Scotia is moving ahead with legislation that would ban high-volume hydraulic fracturing for onshore oil and gas, but the proposed law also includes an exemption that would allow fracking for testing and research purposes.

Energy Minister Andrew Younger insists the exemption in the Petroleum Resources



Act does not provide a loophole for the shale gas industry.

"Anybody could come to the door and ask for whatever they want," Younger said. "What this allows is for cabinet to consider a research project only."

Only three test wells have been hydraulically fracked in Nova Scotia since 2007, all of them in the Kennetcook area, where Denver-based Triangle Petroleum failed to make the natural gas there flow.

Barbara Pike, CEO of the Maritimes Energy Association, said there is no loophole.

"It doesn't allow fracking through the back door," said Pike, whose organization represents companies that provide goods and services to the oil and gas industry.

"Research is not exploration drilling. High-volume hydraulic fracturing, however, however that's defined, this legislation prohibits that activity and that does not send a good message to anyone looking to invest in any energy project in the province." THE CANADIAN PRESS

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HALIFAX

Leibovitz exhibit a while away

Retrospective.

Art Gallery of Nova Scotia official says photographer and curators are still building a relationship



RUTH
DAVENPORT

ruth.davenport@metronews.ca

A spokeswoman for the Art Gallery of Nova Scotia says a much-anticipated exhibition of Annie Leibovitz photographs is still a work in progress, as curators and the celebrated photographer discuss and agree on which pictures to include.

Quoted

"It's going to be a 50-year retrospective. So when you're doing an exhibition like that, especially for a very high-profile artist, they have their ideas about what they would like to be included, how that exhibition is going to represent them."

Nicole Watkins Campbell, Art Gallery of Nova Scotia

"We have more than 2,000 works in the collection right now, so we're trying to choose the right 80 to 100 that we can put up in an exhibition," said Nicole Watkins Campbell Tuesday. "It takes a while; it can take three to five years sometimes."

The Mintz family of Toronto donated more than 2,000 of Leibovitz's photos to the

art gallery in June 2013, and officials said at the time that a partial exhibit could be ready sometime in 2014.

Now Watkins Campbell said there's no clear indication of when it could be ready.

She said gallery curators must develop a relationship with Leibovitz and come to an agreement on which photos to include in the exhibition,



Annie Leibovitz's iconic photograph of the Blues Brothers is photographed after an announcement at the Art Gallery of Nova Scotia last June. JEFF HARPER/METRO

and how those photos will be displayed.

"For most people who see that exhibition, that will be their closest experience with Annie Leibovitz's work, and they'll form opinions about her as an artist based on what

they see," said Watkins Campbell. "So she wants to have a hand in that."

The Leibovitz collection includes the famous photograph of a naked John Lennon curled up next to Yoko Ono, taken just hours before his

death; the controversial Vanity Fair cover shot of a naked and heavily pregnant Demi Moore; and the Blues Brothers with their faces painted blue.

Watkins Campbell said a small selection of works has been available for viewing since the donation was announced.

She said the eventual exhibit will include programming for children and adults, which could entail photography classes with local professionals.

"When this exhibition goes up, it's going to change the way that people in this area think about photography," she said. "It will influence them to be able to see that work close up."

Shaw Island. Military helicopter clips antenna of coast guard ship

A Griffon military helicopter clipped the antenna of a coast guard ship during an exercise off Nova Scotia, forcing it to make a precautionary landing on the front lawn of a summer home.

Maj. Martell Thompson of the Joint Rescue Co-ordination Centre in Halifax says the chopper's main rotor struck a wire on the Sir William Alexander on Monday night.

Thompson says the helicopter landed on Shaw Island, about 70 kilometres southwest of Halifax, at around 10:30 p.m.

Blair Hodgman, a resident of the island, says the helicopter landed on the front lawn of a summer

Investigation

The military will investigate what caused the helicopter to clip the ship's antenna.

residence belonging to Scotiabank president Brian Porter, who wasn't home at the time.

Hodgman says fire trucks, the RCMP and paramedics arrived shortly after and cut a lock to enter the property and check the aircraft.

She says the pilot went to a neighbour's house and asked to use the phone to call his supervisor because he didn't have a cellphone with him. THE CANADIAN PRESS



Jann Arden: Up close and personal

Jann Arden mugs for our photographer's camera after inviting the local media onstage to get a better angle of her. Arden was playing the Scotiabank Centre in Halifax on Tuesday night, during the last show of her Everything Almost tour. JEFF HARPER/METRO



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Process underway to come up with new Yarmouth ferry terminal design

There won't be a new ferry terminal in place for Nova Star's sailing season next year, but the early stages of the process for coming up with a design for a new terminal is being launched now.

The Yarmouth Area Industrial Commission has put out a request for proposals dealing with the Yarmouth International Ferry Terminal. Specifically, it is seeking the services of a qualified engineering firm to plan, lead, con-

Stakeholders

Moving forward will involve consultations with Nova Star Cruises and the Canada Border Services Agency to determine what their needs are.

sult and develop the design and specifications for the development of a new terminal. Money was spent on up-

grades and improvements at the terminal facility and property in advance of this year's sailing of Nova Star. The federal government covered the bulk of the costs with a contribution of around \$2.5 million, but there are still shortcomings.

The decision had been not to proceed with a new terminal facility until it was known for certain what the needs of the users, in particular Nova Star Cruises, would be.

And this wouldn't be known until the company completed a season or two of sailing in and out of the facility.

"We all knew that the terminal was short-term, but we had to have something up and running," says Yarmouth Warden Murray Goodwin, chair of the Yarmouth Area Industrial Commission.

While he says the terminal and border facilities are functional, they're not ideal.

YARMOUTH VANGUARD

Health officials confirm first case of Ebola diagnosed in U.S.

Dallas. The patient is in isolation at Texas Health Presbyterian Hospital

A patient at a Dallas hospital has tested positive for Ebola, the first case of the disease to be diagnosed in the United States, federal health officials announced Tuesday.

The patient was in isolation at Texas Health Presbyterian Hospital, which had announced a day earlier that the person's symptoms and recent travel patterns indicated a possible case of Ebola.

The person, an adult who was not publicly identified, developed symptoms days after returning to Texas from Liberia and showed no symptoms on the plane, according to the Centers for Disease Control and Prevention.

CDC Director Dr. Tom



Frieden said the patient came to the U.S. to visit family and

has been hospitalized since the weekend. State health of-

ficials said no other cases are suspected in Texas.

Guidelines

Diagnosing Ebola virus

Ebola symptoms can include fever, muscle pain, vomiting and bleeding, and can appear as long as 21 days after exposure.

Health officials use two primary guidelines when deciding whether to test a person for the virus — whether that person has travelled to West Africa and whether they have been near other people who have been exposed to the virus, said a Centers for Disease Control and Prevention spokesman Jason McDonald.

lab and confirmed by a separate test by the Centers for Disease Control, said Carrie Williams, spokeswoman for the Texas Department of State Health Services.

Zachary Thompson, director of Dallas County Health & Human Services, said health officials in North Texas are well equipped to care for the patient.

Four American aid workers who became infected while volunteering in West Africa have been treated in special isolation facilities in hospitals in Atlanta and Nebraska, and a U.S. doctor exposed to the virus in Sierra Leone is under observation in a similar facility at the National Institutes of Health. The U.S. has only four such isolation units, but the CDC has insisted that any hospital can safely care for someone with Ebola.

THE ASSOCIATED PRESS

Specimens from the patient were tested by a state



Canadian Space Agency gets anniversary coin

Canadian Space Agency astronaut Jeremy Hansen checks out a coin during the unveiling of the Royal Canadian Mint collector coins on Tuesday, to celebrate the 25th anniversary of the Canadian Space Agency at the 65th International Astronautical Congress in Toronto. HANNAH YOUNG/THE CANADIAN PRESS

Player suspended

McGill football coach resigns

The head coach of the McGill Redmen football team has stepped down in protest of the university's decision to suspend a player charged in an alleged case of domestic violence.

Clint Uttley resigned from his post on Tuesday. A resignation letter attributed to Uttley said the coach objected to McGill's decision to suspend player Luis-Andres Guimont-Mota after his arrest last week.

Uttley took umbrage with a statement released by McGill on Friday that said "the individual should not have been invited to join our team."

That was not in accordance with the values of our community."

He said that he believes in giving people a second chance, noting that McGill did not object to Guimont-Mota's presence on the team when he was sentenced to 90 days in jail last year after pleading guilty to assaulting a man.

THE CANADIAN PRESS

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- Mon., Sept. 29 – Nov. 10
6:30pm – 9:00pm

Lower Sackville & Bedford

- Tues., Sept. 30 – Nov. 4
10:00am – 12:30pm
- Wed., Oct. 1 – Nov. 5
6:00pm – 8:30pm

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- Thurs., Oct. 9 – Nov. 13
9:30am – 12:00pm
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6:30pm – 9:00pm
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UBC's ISIS Research Centre to change name

Negative association.
 ISIS, or the Islamic State of Iraq and al-Sham, is a terrorist group



THANDI FLETCHER

Metro in Vancouver

A University of B.C. research centre has become an un-

expected victim of the terrorist group known as the Islamic State of Iraq and al-Sham, or ISIS.

The university's ISIS Research Centre is changing its name to distance its brand and avoid confusion with the high-profile terrorist group responsible for the recent deaths of two American journalists and widespread violence in Syria and Iraq.

Joanna Buczkowska-McCumber, director of social innovation at the soon-to-be-formerly-named ISIS Research Centre, said staff decided to look into a name change after media coverage of the terrorist group intensified in recent weeks.

"They have such a negative association, we felt that this was the time to change the name," she told Metro. "We

take our brand seriously and the work we do, so we don't really want to be associated with that kind of name and being poked fun at, as well."

The centre isn't the first entity to be forced to change its name because of its now-negative association with the terrorist group.

A Calgary jewelry shop named Isis recently changed its name, along with a U.K. private

equity firm and an educational initiative at a Texas University.

UBC's ISIS Research Centre was originally named in 2010 after the Egyptian deity Isis, who is the goddess of fertility and a steward to the poor, said Buczkowska-McCumber.

The name was written in capital letters for style reasons, she said.

"We wanted the name to really be meaningful in the

sense that what we do is really focused on innovation with a social and environmental impact using business tools," she said.

Buczkowska-McCumber said the research centre is fast-tracking the process to adopt a new name.

The centre hopes to launch within the next couple of weeks, she said, adding: "The sooner the better."

'There's no quick fixes.' Combating terrorists in Iraq will take time: Baird

As the federal cabinet considers sending fighter jets to Iraq, Foreign Affairs Minister John Baird suggests Canada and other countries could be in for a long mission.

Baird predicts that battling extremists in Iraq and elsewhere will take time and says Canada is in uncharted territory when it comes to directly engaging terrorist elements.

"Terrorism, radical extremism, this is the great struggle of our generation," the minister said.

"Whether it's in Iraq, whether it's in Nigeria with Boko Haram, whether it's with al-Shabab in Somalia ... there's no quick fixes."

The federal cabinet is considering the possible deployment of CF-18 jets, along with surveillance aircraft, following an American request for Canada to become

more involved in the ever-expanding air war against the Islamic State of Iraq and al-Sham (ISIS).

Baird says he won't speculate on what decision he, Prime Minister Stephen Harper and their cabinet colleagues will reach.

But he told reporters in Ottawa on Tuesday that cabinet will play off recent military experiences in Libya and Afghanistan in deciding.

National Defence officials and critics question how long Canada could sustain such a combat mission, given the age of its fighter fleet and other commitments.

Canada already has four CF-18s flying air policing missions over the Baltic as part of NATO's eastern European reassurance measures on behalf of Ukraine.

THE CANADIAN PRESS



Refugees arrive at Turkey-Syria border as airstrikes target ISIS

A Turkish soldier holds the hand of Sidra, 12, a Kurdish refugee girl from Kobani who lost her parents after their arrival at the Turkey-Syria border near Suruc, Turkey, Tuesday. U.S.-led coalition airstrikes targeted Islamic State of Iraq and al-Sham (ISIS) fighters pressing their offensive against a Kurdish town near the Syrian-Turkish border on Tuesday in an attempt to halt the militants' advance, activists said. BURHAN OZBILICI/THE ASSOCIATED PRESS

PHOENIX NUTCRACKER LUNCHEON

It's never too early to start planning your holiday event. Celebrate together with your community at the Phoenix Nutcracker Luncheon.

Enjoy a festive three-course lunch, take in the sounds of the Phoenix Community Choir and Symphony Nova Scotia and be inspired by stories from Phoenix youth.

Tuesday, December 9th, 2014

Cunard Centre, Halifax
 11:30 a.m. - 1:45 p.m.

For tickets & tables
 Visit: phoenixyouth.ca
 Call: (902) 405-3058



"I would like to thank Phoenix for being in front of me, behind me and beside me every step of the way."

- Ryan, Phoenix youth speaker

Peru

Dutch killer becomes father while behind bars

Imprisoned Dutch killer Joran van der Sloot is now a father.

Van der Sloot attorney Maximo Altez says the girl was born Sunday in Lima, Peru — far from the remote prison in the Andes where van der Sloot is serving a 28-year sentence for killing a Peruvian business student in 2010. He also remains the chief suspect in the 2005 disappearance of U.S. teenager Natalee Holloway in Aruba.

Altez says the child is named Dushy after van der Sloot's grandmother.

Van der Sloot married 24-year-old Leidy Figueroa in July. THE ASSOCIATED PRESS

Space conference

Russia upset over Canadian visa denials

Canada's refusal to allow Russian delegates to attend a prestigious international astronautical symposium has angered Moscow, which said the decision flies in the face of international space co-operation and amounts to politicizing space exploration over the conflict in Ukraine.

A spokesman for the Russian embassy on Tuesday called Ottawa's decision to deny visas for the delegates — including one of the country's most renowned astronauts — unfortunate.

THE CANADIAN PRESS

White House breach

Secret Service director faces criticism

U.S. Secret Service Director Julia Pierson acknowledged on Thursday that her agency failed in its mission of protecting the White House when a man with a knife entered the mansion and ran through half the ground floor before being subdued. "It's unacceptable," Pierson told lawmakers as she faced blistering criticism.

But her promised review of how the storied but blemished agency carries out its mission of protecting the president — and how it failed to intercept the intruder — left lawmakers from both parties cold.

THE ASSOCIATED PRESS

Magnotta jurors shown photos, bizarre notes

Jun Lin murder trial.
PM Stephen Harper and his wife Laureen named by accused in exhibits seen in court

A bizarre note naming Prime Minister Stephen Harper and his wife Laureen was part of the evidence viewed by jurors at Luka Rocco Magnotta's first-degree murder trial Tuesday.

The jury took a closer look at photos showing the contents of four parcels that were mailed to political offices in Ottawa and schools in Vancouver.

One of them contained a neatly written note on pink paper that included an obscenity and read: "Stephen Harper and Lauren Teskey will know who this is. They f---ed up big time." Teskey is Harper's maiden name.

Magnotta, 32, faces a first-degree murder charge in the May 2012 slaying and dismemberment of Chinese student Jun Lin. He is also charged with criminally harassing Harper and other members of Parliament, mailing obscene and indecent material, committing an indignity to a body and publishing obscene material.

Magnotta pleaded not



In this artist's sketch, Luke Rocco Magnotta, left, watches proceedings on the opening day of his first-degree murder trial in Montreal on Monday. MIKE MC LAUGHLIN/THE CANADIAN PRESS

The apartment

Another officer's photographs took jurors inside the Montreal apartment where Lin's slaying is alleged to have occurred.

- It was largely empty of contents, but there were red stains and marks, in particular in the refrigerator

guilty on Monday to all five charges. He has admitted to the crimes, but his lawyer has indicated he will mount

and on a mattress.

- Forensic biologists will testify next week as to what those marks were.
- "It smelled a bit rotten," Chantal Turmel testified, referring to the apartment.

a defence of mental disorder. On Tuesday, the jurors were able to view photos taken in 2012 by three Mont-

real police crime-scene technicians. One officer's photos showed the parcels that were mailed to Ottawa and Vancouver.

One box had a heart drawn in black marker at the bottom, while another contained dark stains. Among the items recovered from the boxes were pink tissue paper, gift bags and four handwritten notes, including at least one bearing the name of "Lauren Teskey," clearly referring to the prime minister's wife.

THE CANADIAN PRESS

Winnipeg. Calls made for independent probe of how cops handled missing teen

The Assembly of First Nations is calling for an independent review of how police handled the disappearance of a teen whose body was eventually pulled from the Red River wrapped in a bag.

Police in Winnipeg are conducting an internal investigation after discovering two officers came across Tina Fontaine during a traffic stop in August — a week after she had been reported missing — but did not take her into custody.

The 15-year-old was last seen the following day. Fontaine's body was found more than a week later.

Police say the two officers have been put on administrative duties while the investigation is ongoing. But Cameron Alexis, Alberta regional chief with the Assembly of First Nations, says an internal review isn't enough and the province should bring in independent investigators.

"It is unfathomable that police officers would not take into their care a teenage girl who is reported missing," Alexis said Tuesday. "It appears to be a systemic failure from top to bottom.... This is an example of what's going on across the country." THE CANADIAN PRESS

Alberta

Man aiming at coyotes shoots own arm instead

Eternally outsmarted cartoon character Wile E. Coyote has come out on top for once.

Calgary police say a man was aiming at the real-life critters on his rural property southeast of the city when he accidentally shot himself in the arm.

They say he wasn't breaking any laws by shooting coyotes on his own land, but officers are still investigating.

The man's injuries are not serious.

CHQR/THE CANADIAN PRESS

Animal rights

Tories say no to RCMP's move to shed its fur hats

The Conservative government says it is overturning an RCMP decision to doff their muskrat hats in favour of animal-friendly tuques.

Environment Minister Leona Aglukkaq told the House of Commons that the public safety minister is directing the Mounties to reverse the move.

The RCMP recently wrote to an animal-rights group to say it had found a tuque that works in very cold weather and would begin buying that for officers. THE CANADIAN PRESS

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'Sexist' baby pyjamas miss the Target

'I only date heroes.'

Parents outraged to see clothing for babies playing into outdated gender stereotypes

Hundreds of people denounced Target for selling "sexist" baby pyjamas after a university professor posted a photograph of the clothing on social media.

The boy clothing features a Superman logo and the line "Future Man of Steel," while the girl item has the same logo but the line: "I Only Date Heroes."

"It seems kind of ridiculous to talk about who an infant girl is going to date," said Aimee Morrison, an associate professor of English at the University of Waterloo.

"Even for tiny babies, we seem to think of girls as gaining power and worth from whom they're romantically linked to and boys get to become agents of action in their own right."

The photograph was taken on the weekend at a local Target store by Morrison's friend, Christine Logel, also a professor at the university.



Pyjamas for three-month-old girls and boys are seen at a Target store.
COURTESY CHRISTINE LOGEL/CANADIAN PRESS

Logel initially put the picture on Facebook, but gained little traction.

"We were all sort of complaining about the sexism in the image and the same 10 people always commenting, and she said, 'Nothing ever changes,'" Morrison said in an interview.

The women decided to share the image on Morrison's Twitter account, sparking hundreds of retweets and comments.

The response was overwhelmingly against the gender stereotyping, with many responders passing along their own examples.

THE CANADIAN PRESS

Market Minute



DOLLAR
89.29¢
(-0.37¢)

TSX
14,960.51 (-16.41)

OIL
\$91.16 US (-\$3.41)

GOLD
\$1,211.60 US (-\$7.20)

Natural gas: \$4.13 US (no change)
Dow Jones: 17,042.90 (-28.32)

TOP SIX @ 6

Weeknights at 6 Jillian counts down the HOTTEST songs of the day

6	Shawn Mendes	Life of The Party
5	Taylor Swift	Shake It Off
4	Katy Perry	This Is How We Do
3	Jeremih ft YG	Don't Tell 'em
2	Meghan Trainor	All About That Bass
1	Iggy Azalea ft Rita Ora	Black Widow

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Amid stiff competition, Pfizer uses women to sell men on Viagra

This image provided by Pfizer Inc. shows a new print ad for Viagra, the world's top-selling erectile dysfunction drug. Executives at New York-based Pfizer hope the new ad campaign — which is set to launch Tuesday, and which includes print ads in publications and a new 60-second television commercial — will nudge women to broach the subject with their mates. Having a woman speak directly to men about impotence is a unique strategy for Pfizer. The world's second-biggest drugmaker is looking for ways to boost sales of Viagra at a time when it is encountering new competition. Patents give a drug a monopoly, generally for 20 years. But when those patents expire, cheaper generic versions flood the market, often wiping out most of the brand-name drug's sales within a year. Viagra has faced competition from cheaper generic versions in Europe since its patent expired there 15 months ago. Sales fell 8 per cent last year to \$1.9 billion US. And in three years, Viagra will get generic competition in the U.S., where it costs about \$35 a pill. Meanwhile, new competitor Stendra just got approved. PFIZER INC/THE ASSOCIATED PRESS

Change. EBay to spin off PayPal payment system

EBay is splitting off its fastest growing segment, the PayPal payment service, the e-commerce company said Tuesday.

Investors applauded the news, sending eBay's shares up nearly seven per cent in morning trading.

The move comes after months of pressure from activist investor and billionaire Carl Icahn, who has a 2.5 per cent stake in eBay, according to FactSet.

EBay CEO John Donahoe had been adamant that splitting off PayPal was the wrong move for the company. But Tuesday, the company said that making PayPal a separate publicly traded company next year

"maximizes strategic focus and flexibility for eBay."

PayPal provides online shoppers with an alternative to credit cards. It's also moving into mobile payments from Internet-enabled devices such as smartphones and tablets, which are expected to become a major area of growth.

Citi Investment Research analyst Mark May said in a note last month that the sum total of mobile payments could grow from \$1 billion US in 2013 to \$58.4 billion by 2017. Apple threw down a gauntlet in September with its own digital wallet Apple Pay, seen as a major competitor to PayPal. THE ASSOCIATED PRESS

Bigger is better? Qantas debuts the Airbus A380

Qantas is putting the world's biggest passenger plane on the world's longest airline route.

A Qantas Airbus A380 touched down Monday at Dallas-Fort Worth International Airport about 15 hours after leaving Sydney, Australia, on the 13,800-kilometre journey.

The double-deck, four-engine jet was greeted with a water-cannon salute, then taxied to a two-storey gate that was configured just for the behemoth.

The inaugural flight carried a full load of 484 passengers, according to a Qantas spokesman.

DFW is a large airport with connecting flights

throughout the U.S. and Latin America, making it ideal for the plane and the route. But the A380's size also limits its appeal. Smaller planes such as Boeing's latest, the 787, are more economical on many routes.

Qantas previously flew the Sydney-Dallas route with the Boeing 747, which required a stopover in Brisbane, Australia.

"The 747 served us really well, but it doesn't have the range of the A380," said Qantas Senior Executive Vice-President Vanessa Hudson. "The A380 is much bigger, so we can actually now provide 10 per cent additional capacity." THE ASSOCIATED PRESS

Lessons from Europe?

Telus takes its turn at CRTC hearings

Canada should heed the lessons learned in Europe about adopting rules intended to keep wireless prices low, the former head of Austria's telecom regulator has told the CRTC.

European companies are now living with the unintended consequences of stimulating increased competition to keep consumers happy, Georg Serentschy said as hearings continued Tuesday into the health of Canada's wholesale wireless market.

Forcing lower prices in the short term, he said, has resulted in Europe having

among the slowest and least reliable wireless networks in the industrialized world.

"Europe's telecoms industry — and its entire digital ecosystem — is suffering because over the last two decades European telecom regulators have created rules intended to keep wireless prices low by stimulating increased competition," said Serentschy.

And if Canadian consumers are not happy with the prices they pay wireless providers now, they would be even more upset with a reduced quality of service, he said.

Serentschy appeared as part of a panel from Telus Corp., which called on the regulator to maintain its support of the current model. THE CANADIAN PRESS

THE 1ST STEP IS ADMITTING WE'RE THE PROBLEM

I woke up yesterday morning and half the animals were gone.

No, it wasn't a spinoff of *The Leftovers*, but the conclusion of a report from the World Wildlife Fund. Since 1970, 52 per cent of the world's population of fish, birds, mammals, amphibians and reptiles — every living creature except people — have vanished. There are still lots of people, you'll be pleased to learn. During the same period, 1970-2010, the world's human population nearly doubled, from 4 billion to over 7 billion.

Wonder if the two are somehow related?

Simply put, we're taking over the neighbourhood and pushing everyone else out: cutting down too many trees, using too much freshwater, adding too much carbon dioxide to the air and polluting everything with nitrogen and phosphorus.

Really folks, this is astonishing. I half expect someone to de-



JUST SAYIN'
Paul Sullivan
metronews.ca

clare a global state of emergency, with everyone told to stay indoors and breathe only four times a minute to cut down on the CO2 level.

But that's not happening. In fact, nothing's happening, except maybe another species going extinct — 150 to 200 disappear every day, according to the UN Environment Program. Species are going extinct before we even discover them.

I'm not sure why we seem to care more about George Clooney's wedding than the disappearance of half the world's animals, but there you go.

Maybe we should blame the global warming debate. Despite an unprecedented global scientific consensus that global warming is real, nine eccentric professors tell us not to worry, and we go, maybe we've reached the Bad News Threshold. The world is such a mess, what with the bloodthirsty enthusiasms of the jihadists, etc., who wants to hear that half the animals have disappeared in 40 years? If denial works for global warm-

ing, why can't it work for animals? Maybe we'll just wait another 40 years and they'll all be gone and we won't have to worry anymore. (We won't have to wait that long for the freshwater flat line — freshwater species have declined by 76 per cent.)

If we're feeling lonely we can always watch cute cat videos. I know, I know, I sound like a shrill environmentalist, even to myself. No doubt someone will point out that two years ago, the WWF announced that "only" 28 per cent of the animals had disappeared. So how did they get to 52 per cent only two years later? It's either a green conspiracy to prompt donations or an utter catastrophe. It won't be long before we find out.

The cockeyed optimists at the WWF believe it's not all over, that people can "live and prosper in harmony with nature". But something will have to change. A typical American, for example, will have to stop consuming at the rate of four planets, never mind just one.

But first we have to believe this is really happening. And then we actually have to do something. Good luck with that.

Maketh the movie



A costume worn by Nicole Kidman as Satine in the film *Moulin Rouge!*, designed by Catherine Martin and Angus Strathie, is on display at the press preview of the Hollywood Costume exhibition. The exhibit is on view through March 2, 2015. NICK Ut/THE ASSOCIATED PRESS

Hollywood Costume looks at tinseltown's iconic garb

The Academy of Motion Picture Arts and Sciences is holding its first exhibit in the space that will become Hollywood's premier museum devoted to the movies.

Hollywood Costume opens Thursday in Los Angeles, with more than 150 costumes and dozens of digital monitors.

There's a collection of regal, gilded gowns fit for a queen, a section of superhero costumes and another area is dedicated to characters played by Meryl Streep.

THE ASSOCIATED PRESS

They've got it all

A gallery of some of the most iconic costumes dazzles with its breadth:

- The beaded gown and fur stole that adorned Marilyn Monroe in 1959's *Some Like It Hot*; John Travolta's groovy white suit from 1977's *Saturday Night Fever*; Julia Roberts' red dress from 1990's *Pretty Woman*; the blue velvet suit that transformed Mike Myers into Austin Powers in 1997; and two original pairs of ruby slippers worn by Judy Garland in 1939's *The Wizard of Oz*.

May the sun forever shine on the brave hearts of adrenal junkies who look down from a soaring hot air balloon and think to themselves, "This is cool and breathtaking and all ... if only it were more dangerous." You know who is just that sort of person? Ivan Trifonov, a 70-year-old Guinness record-holding daredevil who took it upon himself to guide a specially modified balloon to tap the bottom of Croatia's Mamet Cave. My goodness. (Croatia/YouTube)



SCREENGRAB

Twitter

@metropicks asked: The UN is holding a conference on gender equality in Iceland that they've decided to only invite males to, with the idea of getting men and boys in on the conversation. Is this a good idea?

@my2k: maybe they can talk amongst themselves what they're doing wrong, like kids in a time-out

Join the conversation @metropicks.



SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 12 in Scene, page 15 in Life and page 22 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
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Ben there done that: Affleck survives overexposure era

Goodwill hunting.

Actor traded in tabloid rep for more measured shots at stardom



IN FOCUS

Richard Crouse

scene@metronews.ca

This weekend Ben Affleck returns to theatres as the star of the hotly anticipated *Gone Girl*, an adaptation of Gillian Flynn's bestselling novel about a man whose life becomes a media circus when his wife (Rosamund Pike) disappears and he is the prime suspect.

It's a welcome return for the star who once almost wore out his welcome on the big screen.

For a few years in the early 2000s, Affleck was the textbook definition of overexposed. Between 2001 and 2004 he released a staggering 11 films, took a year off and dumped four more into theatres in 2006.

Then (when the tabloids weren't naming him Sexiest Man Alive, as People Magazine did in 2002), they were detailing the every move of

Just a working man

"Now I think I'm kind of seen as just sort of somebody in Hollywood who works."

Ben Affleck

the couple known as Benifer, a mash-up of Ben and fiancée Jennifer Lopez's high-wattage names.

You couldn't go to a theatre, turn on a television or pick up a magazine without seeing his handsome face, and soon enough that ubiquity worked against him.

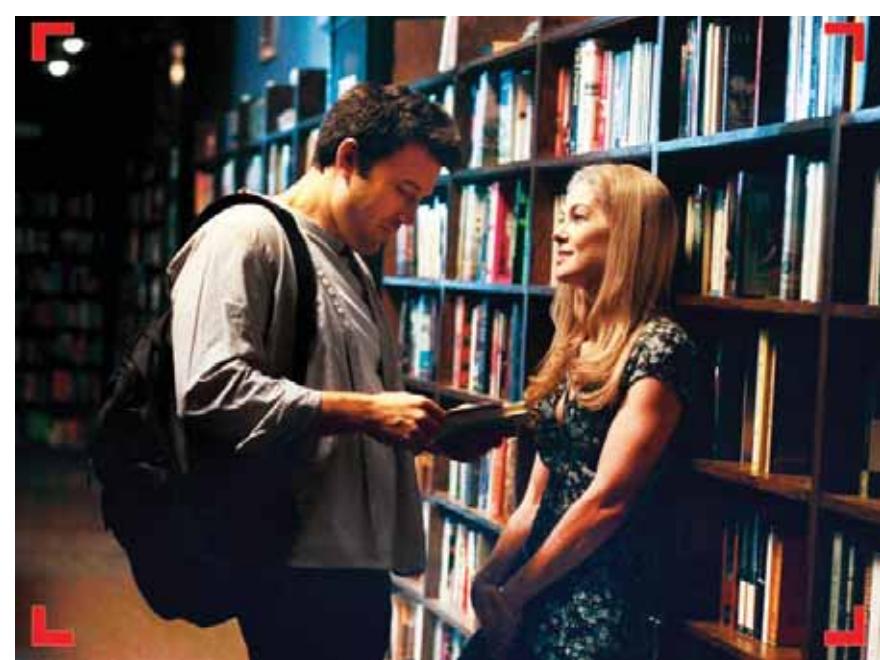
The Wall Street Journal did the math, reporting Affleck's recognition factor jumped from 75 per cent to 82 per cent in 2003, but noted the percentage of folks who didn't like him climbed from 12 per cent to 18 per cent.

In 2004 talent agent Patrick Whitesell told Los Angeles Times writer Kim Masters, "That kind of [media] coverage robs movie stars of their mystique."

After that period of wild tabloid overexposure ruined his credibility with moviegoers and very nearly turned him into an industry in-joke, Affleck took some time for self reflection — "I was a little bit exhausted of myself," he said — stopped saying 'Yes!' to every script that came his way and earned a second act.

In front of the camera — in movies like *State of Play* — and behind it, directing the critically acclaimed *Gone Baby Gone*, the man who had made four dozen movies since 1993 rebuilt his career, focusing on quality rather than quantity.

His next film saw him on both sides of the camera, directing, co-writing and starring in *The Town*, a crime drama that returned him to the scene of his first success, the Boston of *Good Will Hunting*. The Oscar-winning



Ben Affleck and Rosamund Pike join forces in *Gone Girl*. Scan this photo with your Metro News app to see a clip of them in action. CONTRIBUTED

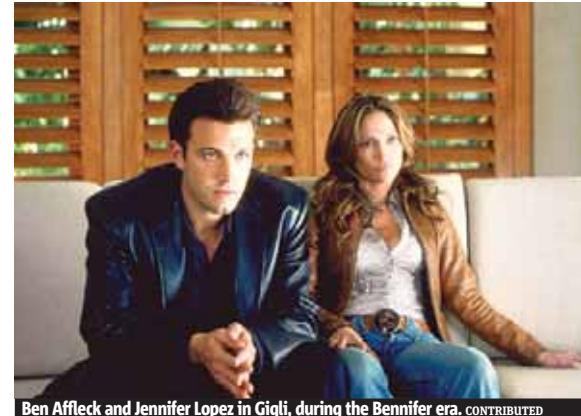
No more yes-man

"I was a little bit exhausted of myself."

Ben Affleck on taking a break after a decade of overexposure.

Argo followed and soon he'll be seen as Batman in *Batman v Superman: Dawn of Justice*.

The days of overexposure have come and gone, and he survived to have a thriving career. "Now I think I'm kind of seen as just sort of somebody in Hollywood who works," he says.



Ben Affleck and Jennifer Lopez in *Gigli*, during the Beniffer era. CONTRIBUTED



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Matt Damon ALL PHOTOS: GETTY IMAGES

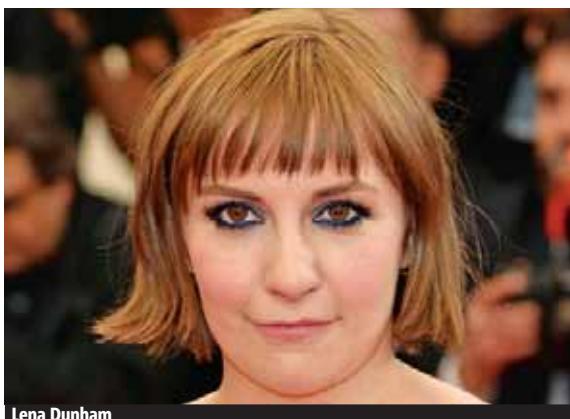
That's no way to keep the bromance alive: Matt ditches Ben for George

Having to choose between famous friends can be tough, as Matt Damon learned when he chose to head to Italy for George Clooney's wedding, missing Ben Affleck's *Gone Girl* premiere in New York the night before.

And the choice apparently did not go unnoticed by Affleck's wife, Jennifer Garner. "Jennifer was furious that Matt didn't go to the premiere. She flipped out that he ditched his best friend on his big night to go to George's wedding instead." Oof. Way

to get on your best friend's wife's bad side, Matt. Funny thing, though — from perusing the red carpet photos of the *Gone Girl* premiere, you know who else apparently wasn't there? Jennifer Garner, who was in Los Angeles the next morning to do press for her own new film. Maybe she was projecting?

And in Damon's defence, Affleck has had — and will continue to have — a lot of movie premieres. Clooney's only going to get married maybe a handful more times.



Lena Dunham

Thank Gawker for small favours — Lena will pay book tour acts after all

Lena Dunham was originally planning to have the opening acts on her upcoming, sold-out book tour perform for free, but that was before Gawker pointed out the fact. Now Dunham has doubled back, announcing that the acts — ranging from comedians to gymnasts to ukulele players — will all be compensated after all. "Some good points were raised and I've ensured that all opening acts will be compensated for their time, their labor and their talents," Dunham tweeted. "The fact that Gawker pointed this out really proves Judd Apatow's saying that 'a good note can come from anywhere.'"

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Bynes has got it bad and that ain't good

NED EHRBAR
Metro in Hollywood

You know who we haven't heard from in a while? Amanda Bynes. Well, that dry spell is over because Bynes is back!

Her parents' conservatorship — which gave them total, Britney Spears-style control over her life and finances — ended earlier this month, and right on cue we have the former Nickelodeon star's first run-in with the law.

Bynes was arrested over the weekend for driving under the influence after cops in Sherman Oaks, Calif., saw her stop at a red light — in the middle of the intersection. Police charged Bynes with a misdemeanor after they "determined she

was under the influence of a controlled substance," according to E! News, though exactly what substance is still a mystery. It's nice to see her coming back playing the hits, though, like getting popped for a DUI. Bynes, after all, was given three years of probation for that very type of arrest back in 2012.

And that's not all! Radar Online reports that she's also flunked out of the Fashion Institute of Design and Merchandising, where she'd been studying since getting out of rehab last year. "Amanda just stopped going to classes," a source says. "Everything had been going very well for her up until the conservatorship ended. Her instructors tried to reach out to Amanda, given her history of very public breakdowns, but got no response." No word yet on if she plans to relaunch her Twitter account and start lashing out at fellow celebrities again, but here's to hoping.



David Fincher

Fincher not starry-eyed when it comes to Jedi

Sure, J.J. Abrams is busy making the next Star Wars film, but it could have been Fight Club director David Fincher in charge of revamping the franchise — though probably not likely, even he admits. Fincher tells Total Film that he met with Lucasfilm early on to discuss the famous franchise. "It's tricky. My favourite is the Empire Strikes Back. If I said, 'I want to do something more like that,' then I'm sure the people pay-

ing for it would be like, 'No! You can't do that! We want it like the other one with all the creatures!' In even less kid-friendly matters, Fincher sees the Star Wars series as "the story of two slaves (droids C-3PO and R2-D2) who go from owner to owner, witnessing their masters' folly, the ultimate folly of man," he says. "I thought it was an interesting idea in the first two (films), but it's kind of gone by Return of the Jedi."

Wha...? Doesn't Trump know nice guys finish last?

Donald Trump is not happy. Comedian Philip Bradbury duped the Apprentice boss into retweeting a photo of British serial killers Fred and Rosemary West by tweeting that the photo was of his parents, who'd always said Trump was "big inspiration."

And since the quickest way to get Trump's attention is to tell him he's important, he gladly obliged. Whoops. "I thought I was being nice to somebody re their parents. I guess this teaches you not to be nice or trusting," Trump tweeted after finding out the



Donald Trump

truth. "Maybe I'll sue." Bradbury might want to watch himself, because the Donald is probably actually serious. He does seem to love suing people, after all.

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LIFE

How-to**Protect animal welfare**

Intrepid Travel has these tips for helping prevent animal cruelty:

1. Before you visit a zoo, make sure it adheres to the World Association of Zoos and Aquarium Code of Ethics (WAZA.org). Better yet, view wildlife in the wild.
2. Steer clear of cockfights, bullfights and animals employed in cultural festivals.
3. Swimming with captive dolphins is stressful for them. Avoid any captive marine mammal.
4. Don't be tempted by local cuisine that includes wild animals.
5. Don't buy souvenirs that incorporate fur, horns or shells.
6. Don't get your picture taken with, or ride on, a wild animal, elephants included. Many are drugged or mistreated in order to be "tame" enough. **DOUG WALLACE/METRO**

Deal**Book early for Italy**

Globus is expanding its offerings next year for Italy and other parts of Europe. Its portfolio will include a new nine-day Italian Sampler tour priced at about \$220 per day. It takes in Rome, Florence and Venice, plus quieter spots such as San Gimignano and Padua. If you book an air-inclusive 2015 Globus Europe vacation before Oct. 28, you get a \$100 air credit per person. The credit grows to \$350 when it's Italy you're booking and \$500 if you choose Air France, KLM or Alitalia flights to Italy. Visit GlobusJourneys.ca. **TEXT: DOUG WALLACE, PHOTO: GLOBUS**

**Tool****Virtual guide to the Adirondack Park**

Summon up the summits of the Adirondack Park's six million acres in upstate New York at adirondacksusa.com. A new and very cool virtual guide gives you interactive, 360-degree views from various locations throughout the park, with links to everything from mountain peaks to golf courses to town shopping streets. Park businesses can also get on board to help promote tourism in the region. With 3,200 kilometres of hiking trails and 1,900 kilometres of rivers, this place is paradise.

TEXT: DOUG WALLACE, PHOTO: SHAUN ONDAK

That's hot. San Fran and Sriracha top foodie travel list**Top five food destinations**

- 1 San Francisco, USA Sriracha sauce
- 2 New York, USA gourmet burgers
- 3 San Sebastian, Spain foraging
- 4 Toronto, Canada hand-held pies
- 5 Lyon, France heritage cuisine



A new food and travel report has named San Francisco the top culinary destination for food lovers this fall, citing the city's love affair with Sriracha sauce as one of its star attractions. Written by online booking site Travelocity.ca and "culinary trendologist" Christine Couvelier, the list of top 10 food cities in the Culinary Travel Report is dominated by North American and European cities, with nary an Asian destination in sight. San Francisco tops the list for being a hotbed of culinary creativity and food artisans, the report says. And apparently, the culinary trend to keep an eye out for in this city is Sriracha sauce, which is being used not only as a condiment but also as a spicy, barbecue glaze for grilled meats, particularly chicken. **AFP**

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All-inclusive Alps adventure offers affordable luxuries

Valmorel. Pick a package and let your friends know you'll be skiing in Europe

KATHY BUCKWORTH
life@metronews.ca

The French Alps are on many avid skiers' bucket lists, but the expectation that the price will be prohibitive keeps many from even exploring the possibility.

But in Valmorel, France, the all-inclusive Club Med ski resort makes managing costs easier.

Club Med is synonymous with the all-inclusive resort, a convenient way for families to manage budgets and avoid most of the dreaded add-on costs, which pop up on a vacation.

Having activities and food (and alcoholic drinks) included

proved to be a huge attraction, particularly for hot climates. The term "all-inclusive" still conjures up images of sandy beaches and blue oceans, but both the company and the concept have recently moved up. With a staggering 18 ski resorts in the Alps (spread across France, Switzerland and Italy) the all-inclusive alpine experience is one that families are quickly embracing.

In addition to airfare, transfers, food and open bar, clients also have their lift tickets, equipment storage and ski or snowboard lessons covered.

The Valmorel Club Med (located a two-hour drive from Lyon, France or a one-hour drive from Geneva Switzerland) opened in 2011 with the family ski concept in mind. Besides individual chalets, the lodge includes suites which can easily accommodate a family of four in a stylish, yet compact series of rooms with a king bed, two twins, a sitting area and two separate washrooms. Basic

"club" rooms are also available.

Because the altitude of Valmorel is not extreme, many families with young babies and children choose to come here, as it is easier on their more delicate respiratory systems. Baby Club Med is offered to children aged four to 23 months. Older children can take advantage of the included group ski lessons from age four and up.

If the children require babysitting, Club Med offers a Pyjama Club from 7 p.m. to 1 a.m., or in-room babysitting.

The two restaurants (one buffet, one menu) offer a terrific selection of fresh food from the region, and the Baby Corner offers fresh ingredients and a food processor for parents to make their own baby food (pre-made is also available).

After dinner, the G.O.'s (or Gentil Organis) put on a stage show and entertain kids and parents alike.

An indoor/outdoor swimming pool and hot tub are the

Beyond the mountain

Club Med is also introducing the City Visit this winter, which will offer select hotels and transfers to and from Paris as an add-on at the start or end of the Valmorel ski resort vacation.

perfect end to a day of skiing.

The village of Valmorel is a free five-minute shuttle bus ride away. Established in 1976, it offers a selection of ski shops, restaurants, a bakery, cinema and town music hall for shows and celebrations.

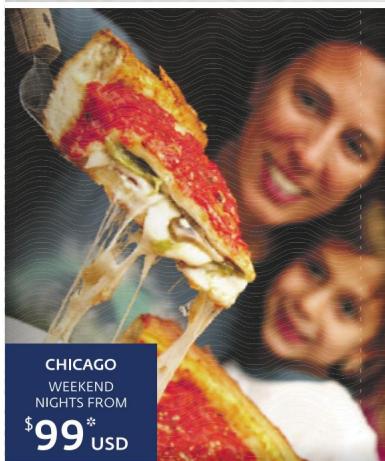
The ski season is set to open Dec. 14, 2014 and will run until April 12, 2015.

This vacation, according to the Club Med website, will run you approximately \$6,000 per couple — comparable to a do-it-yourself trip to Whistler. Visit clubmed.ca for details.



Take a visual tour of the Club Med resort at Valmorel by scanning this photo with your Metro News app. ISTOCK

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Laughter is the best (and cheapest)

Fighting back with laughter



Robin Duke is writing a one-woman cancer show. HELEN TANSY

Channelling kitten sweater models

A mother, actress, writer, producer and a full-time faculty member in the comedy program at Humber College in Toronto, Robin Duke was in the midst of writing a new show for the comedy group Women Fully Clothed when she was diagnosed with breast cancer.

She had a mastectomy in the fall of 2008.

The following is an excerpt from the one-woman cancer show the former Saturday Night Live cast member is currently writing.

There are few things in life I know for certain that I am good at: swimming, cleaning and MRIs. I'm really good at MRIs.

Some people have to practically be knocked out cold with sedatives to withstand this claustrophobic procedure. It's extremely difficult and uncomfortable to stay perfectly still for the hour of darkness, encased in a large metal cylinder, while radio waves produce detailed pictures of your organs, bones and soft tissue.

Even the smallest of movements can blur the images of the tumour they are trying to measure, meaning even more time inside the MRI for the retakes.

I am proud of my unique ability to remain motionless throughout the magnetic resonance imaging. With all the clanging, thumping, humming and tapping noises throughout the process, I am perfectly still with my body stretched out on the metal table, and I don't move a muscle.

I first developed this skill when I was seven or eight at the Better Living Building at the Canadian National Exhibition in Toronto.

It was there where I carefully studied the "statue" models of The Kitten Sweater Exhibit — beautiful young women in pastel-coloured cashmere, tight-sweater sets and breasts accentuated by bullet bras.

The vintage bras projected their two breasts like head beams on a car. These clas-

sic sweater girls stood motionless on small stages, each with its own picturesque setting: a farm with hay bales, the front porch swing of a cottage or an office where a Madmen-like "Peggy" leaned on a desk with a pencil and steno pad.

My parents dropped me off there, confident I would "stay put" while they checked out the latest in early '60s appliances. For

hours I would stare at the frozen women and wait for them to blink, make a false move, scratch an itch. I would imitate them and gauge how long I could be paralyzed. The only move they did make was to change poses but this always happened after a considerable length of time.

Throughout the day the models would come and go, replacing

one for another. Some were better but they all held my complete attention. My parents would then pick me up, waking me from my trance.

At home I would practise standing still for as long as I could, challenging family and friends to outlast me. I won, hands down, every time. At night, I dreamed of the day when my breasts would grow into points and I would become a Kitten Sweater model at the Canadian National Exhibition.

So, when I lie on that rock-hard bed strapped into my MRI rocket, ready for take-off, I shut out the clanging and sounds surrounding me. I close my eyes and suddenly I am in a farm scene or cabin by a lake, or a feminist at a rally. I am anywhere in the world and I hold every muscle completely still. I am a kitten sweater model, however, with only one pointed breast.

Cheap medicine

"So what else can you do but laugh? I couldn't run down the street naked, screaming. Laughter is the best medicine and if I can make a joke about cancer it loses some of its power."

Robin Duke

on the power of humour in her recovery from breast cancer

Stay positive. How does humour play into dealing with a breast cancer diagnosis? It's more important than you may think

MARK BRESLIN
life@metronews.ca

What do a man wearing a tutu and breast cancer relief have in common?

It may not seem obvious, but it's what one man has used to bring some joy and laughter to his wife, who has been battling the disease for the last 11 years.

New Englander Bob Carey started taking photographs of himself in a tutu — and only a tutu — in various iconic locations to cheer up his ailing wife Linda. Since he began The Tutu Project, the photographs have gone viral. Proceeds of sales of these images as well as calendars (there will be one for 2015) are being used to raise money for the Carey Foundation for families with breast cancer.

But their real value, Bob maintains on his website, thetutuproject.com, is to ameliorate the suffering that goes with his wife's disease.

There's a long history of the relationship between humour and healing.

In the '70s, esteemed author and activist Norman Cousins was lying in a hospital bed suffering from a rare form of arthritis. Nothing seemed to work for him — no medication, no therapy. To cheer himself up, he began to watch the entire Marx Brothers movie catalogue. As he laughed, he made a potent discovery: His pain went away.

A little later, a doctor named Hunter Doherty "Patch" Adams began making his hospital rounds wearing a clown nose and bedpans for slippers. He became so famous for raising the morale of his patients that his life story was made into a movie starring the late Robin Williams.

Adams' work really started the discussion about the relationship between humour and healing. But a man in a tutu? Is this funny? Actually, the tutu has been used for comic effect by a number of comedians. Howie Mandel's first stage performances saw him wearing the tutu (and a sport jacket, of course!) and there's a comedic ballet troupe called



Having a positive attitude through a breast cancer diagnosis is vital. ISTOCK

Stay present

"For families dealing with sick loved ones, it's important to laugh and smile and remain in the moment..."

Sara Davidson, psychotherapist
on the power of now and laughter

Le Ballet Trocadero de Monte Carlo that has its all-male cast wear tutus. It's a benign, non-threatening form of drag, and men dressing up as women has been used since Shakespeare's time to get a laugh.

OK, so it's funny, but does any of this really help the sick?

David Schatzky, a psychotherapist and former broadcaster, thinks so.

"When you're able to laugh, you feel better. It releases endorphins, reduces stress hormones, and boosts the immune system. Laughter won't cure anything, but you gain strength from it," he says.

Psychotherapist Sara Davidson of Confervor Counselling Services in Toronto agrees.

"The muscles in the face that are used in the act of smiling trigger a natural mechanism we have that releases these endorphins," she says.

I guess our parents were right when they told us to

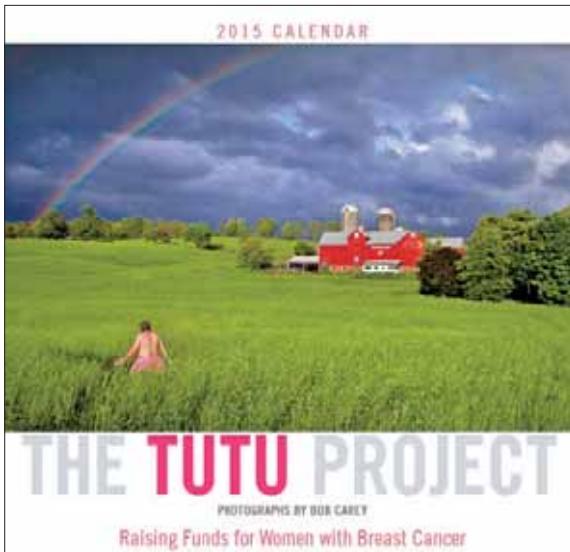
turn that frown upside down."

One of the most difficult things about dealing with disease is the toll it exacts not just on the afflicted individual but also on the family of the patient. Davidson notes, "For families dealing with sick loved ones, it's important to laugh and smile and remain in the moment with their loved ones without constantly focusing on the negative possible events that lay ahead."

In other words, laughter can provide much needed relief.

Bob's photographs do just that for his wife and other breast cancer patients. A middle-aged man in a tutu posed against the Lincoln Memorial or in the aisle at Bloomingdale's has got to elicit a smile. Interestingly, most of Carey's photos (which are beautifully shot) place him against a lonely vista, as a possible metaphor of the battle of all those who suffer. The shots are funny, but also moody as

medicine



well. In a video on their site, Bob and Linda share their feelings.

"He isn't afraid to put himself out there ... the more I laugh, the better I feel," says Linda.

Bob adds, "When Linda would go for treatment, she would show my images on her phone to the other women and it would make them laugh."

"Women really like that he's standing by me," she

sums up.

This solidarity may be the most valuable help of all. Bob's courage to look foolish, which by no means compares with Linda's courage in dealing with her cancer, is at least an attempt at a way for a loving couple to go through the tough times together.

Both Schatzky and Davidson acknowledge that laughter alone can't cure cancer. But as relief goes, it couldn't be a better beginning.

Here are areas where we're seeing innovations in breast cancer research that could change the way we prevent, diagnose and treat breast cancer in the years to come

VAWN HIMMELSBACH
life@metronews.ca

Understanding genetic markers

It's estimated that five per cent of all new breast cancer cases are caused by mutations in the BRCA1 and BRCA2 genes — and that those cancers should receive different, more targeted treatments to increase the chance of survival.

Understanding genetic markers can help to prevent breast cancer and improve treatment, according to Dr. Kelly Metcalfe, adjunct scientist at the Women's College Research Institute. Current research is looking at genetic susceptibility factors among a large group of multi-ethnic women in Canada, and those results will be combined with those from 26 countries to help understand genetic markers.

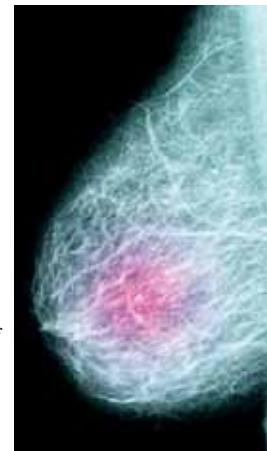


3D screening

Breast screenings can help to find cancers earlier, but they also provide more treatment options and better chances of survival.

Researchers are working on the development of digital breast tomosynthesis — a three-dimensional mammography that makes it much easier than a conventional mammography to see if a cancer is present (since doctors are able to look through different levels of tissue in the breast).

More research is being done in this area, but the promise is that it will be easier to detect cancer, with fewer false alarms.



5 innovations to be aware of

Safer drugs

Molecules made in a lab have been found to kill breast cancer cells selectively over healthy cells, according to Dr. Patrick Gunning, Canada Research Chair in medicinal chemistry.

What's been dubbed BP-1-102 has been found to target a key protein that triggers the development of many types of cancer.

Research is being done to stabilize this molecule so it's more bioavailable, meaning it would have a more prolonged effect on the patient. The idea is to create a drug that has fewer side effects and will be much safer than aggressive chemotherapy techniques.



New treatment options

McMaster University's Dr. Julie Arsenault is studying a robotic radiosurgery device called Cyberknife to see if it's safe and effective for surgery to treat early-stage breast cancer.



Treatment typically involves surgery to have the tumour removed, followed by whole-breast radiation or chemotherapy over 16 to 30 treatments.

"One of the questions is whether radiation will work as a primary treatment," Arsenault told Metro. The concern with conventional treatment is toxicity, since the heart and lungs lie just underneath the breast. Stereotactic body radiation therapy provides a much larger, much more targeted, dose of radiation to the tumour over about five treatments. Arsenault's research is looking at whether the Cyberknife could help women with early-stage cancer avoid surgery altogether.

Improving quality of life

According to research by Karen Dobbin at Cancer-Care Manitoba, 88 per cent of women surveyed had at least one physical problem after breast cancer treatment but only 43 per cent had any type of rehabilitation. New research is looking at rehabilitation services for women who have survived breast cancer, as well as outcomes of various rehabilitation efforts. Research has already documented the many benefits of physical activity for women during and after treatment, such as lower rates of cancer-related deaths. One initiative at the Princess Margaret Cancer Centre involves harnessing the use of mobile apps with physical exercise to encourage long-term behaviour change — and long-term improvements in quality of life and survival.



Metastatic Breast Cancer

Many people have never heard of metastatic breast cancer, which occurs when the cancer has spread to other parts of the body, such as the bones, liver or other organs.

Metastatic breast cancer is considered an incurable disease that may be controlled through treatment, though survival rates remain low. In

recent years, treatments have continued to advance and change the face of the disease, providing women with the opportunity to create more memories, and share their wisdom and advice with family and friends.

Here's what you should know about metastatic breast cancer:

24,600

The estimated number of Canadians who will be diagnosed with breast cancer in 2014.

30

The percentage of women initially diagnosed with earlier stages of breast cancer who later develop recurrent and/or metastatic disease.

4

The most common types of breast cancer. Knowing as much as you can about your type can help you better understand and manage your metastatic breast cancer.

3

The number of Canadian women who are diagnosed every day with locally advanced and/or metastatic disease as their first breast cancer diagnosis.
NEWS CANADA



Surviving and thriving with a metastatic breast cancer diagnosis

Stage IV. This most serious form of the disease means the cancer has spread to other parts of the body

"Being diagnosed with cancer was the scariest day of my life," said Nathalie Baudais

is, who is currently living with metastatic breast cancer. "But I made the choice to live my life to the fullest, even when faced with challenges."

Metastatic breast cancer (referred to as stage IV breast cancer) is the most serious form of the disease, and occurs when the cancer has spread to other parts of the

body, most commonly the bones, liver, lungs and brain.

Approximately 24,600 Canadians will be diagnosed with breast cancer in 2014. Each day, more than three women will receive their first breast cancer diagnosis of locally advanced and/or metastatic disease, as did Baudais, who was originally diagnosed with locally ad-

vanced breast cancer in 2008.

While she was only 29 years old at that time, over half of the new cases of breast cancer will occur in women between the ages of 50 and 69, and her diagnosis speaks to the fact that each person's experience with breast cancer is unique.

Approximately 30 per cent of those initially diagnosed with earlier stages of breast cancer later develop recurrent and/or metastatic disease. Baudais went on to be diagnosed with metastatic disease in 2011.

Research shows many women living with metastatic disease feel isolated from the greater breast cancer community.

"I think the key thing that people with metastatic breast cancer need to know is that you are not alone in this," said Baudais. "We should not allow this disease to take any more from us than it already has. We need to replace the feelings of isolation and fear with hope, community and optimism."

In recent years, treatments have continued to advance and, therefore, change the face of the disease, providing women with the opportunity to create more memories, share their wisdom, and advice with family and friends.

"It is so important that Canadians living with metastatic breast cancer feel supported and part of a greater network of women who are facing similar challenges with their diagnosis, and that no matter where they are located in this country, they have access to treatments and excellent management of their disease," said Cathy Ammendolea, Chair of the Canadian Breast Cancer Network.

"Metastatic breast cancer

Types of breast cancer

Here are the latest facts and the information on this disease.

- Types.** There are four main types of breast cancer. An important first step is to determine human epidermal growth factor-2 (HER2) and hormone receptor (HR) statuses of the breast tumour cells so that treatment can be optimized. Advanced hormone-receptor positive (HR+) breast cancer is the most common form.

Stats. Approximately 70 per cent of all invasive breast cancers are HR+ at the time of diagnosis.

Genetic profiling. Researchers are beginning to explore how genetic profiling can help guide decisions about which treatments are most appropriate. Personalized medicine, as it is referred to, works by assessing the genetic makeup of individual tumours and then tailoring the therapy to be more targeted.

Online

To learn more about metastatic breast cancer visit the Canadian Breast Cancer Network website at cbcn.ca.



Did you know there are breast health and breast cancer resources available for free through your local public library?

The Nova Scotia Provincial Library, Breast Cancer Action Nova Scotia and the Canadian Breast Cancer Foundation – Atlantic Region have partnered to select and purchase a collection of 63 print books and 14 ebooks, available through any of Nova Scotia's 78 public libraries.

CBCF is able to support initiatives like this through the generous support of our donors who participate in events like the Canadian Breast Cancer Foundation CIBC Run for the Cure.

Knowledge is power. Visit your local public library to learn more.



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More than half of the new cases of breast cancer will occur in women between the ages of 50 and 69. ISTOCK

Someone to watch over my work

A comrade in careerdom. How can a mentor give me a push along my path?

LAUREN MARINIGH
TalentEgg.ca

Having a mentor can be extremely beneficial to your career growth at every level.

Many people are reluctant to seek out a career mentor — particularly those who are inexperienced or new to an industry. However, the benefits can be significant and are well worth exploring.

Advice and support from someone who has experience and insight can be the perfect complement to your own initiative and drive.

Here are just a few things a top mentor can offer you.

Sharing an insider's perspective

A mentor can provide you with an insider's perspective on navigating your own career path.

No matter what stage you're at in your career, a



A mentor's encouragement can help you take the first step in tackling a career challenge. iSTOCK

mentor can be a great source of information and guidance, providing critical feedback and advice that will help you to make decisions about your career.

A mentor's advice may not always be unique, but mentors offer a different perspective than your professors, family or friends.

Even where their advice

doesn't align with your priorities or goals, you'll be able to make decisions with a clearer sense of the pros and cons. That input can make a significant difference when you're facing a major career decision.

Holding you accountable

Do you have a specific career goal in mind? Or do you feel

a little like you lack purpose?

When it comes to developing (and setting) your goals, a mentor offers more than just guidance.

It's easy to let goals slide when they're kept a secret. Laying your goals and plans out with a mentor's input will make you more accountable to actually completing them.

Another viewpoint

A mentor's advice may not always be unique, but mentors offer a different perspective than your professors, family or friends.

This also applies to getting started, not just following through.

Enhancing your network

A mentor can help enhance and expand your professional network.

Although you can't guarantee every mentor will have connections to the CEO of your dream company, they more than likely will have other connections in the field that may be able to help you down the line.

Expanding your network early on in your career can set you up for success.

Not only do you have the potential to eventually connect with your mentor's network, but also connecting with your mentor alone can help open many doors for

Answering your questions

A mentor has probably tackled many of the questions you have to ask, whether it's something industry-specific or more open-ended.

- While self-guided research is vital to your continued career success, a mentor can offer a much-needed personal counterpoint.

- You may find that your mentor has questions for you, which can help you build your skills as a communicator, and recognize areas where you would benefit from learning more.

you.

It is never too late or too early to find yourself a mentor. Having a mentor can benefit you no matter what stage you're at in your life and career.

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Improving the way we go about our day

Setting the stage for success. How one CEO is using theatre techniques to make better work decisions

LAKSHMI GANDHI
Metro in New York City

By day, Isaac Rodriguez is the CEO of the Provident Loan Society, the 180-year-old non-profit lender founded by business tycoons including J.P. Morgan and Cornelius Vanderbilt. By night, he performs as an improv comedian with Artistic New Directions, a theatre group in Manhattan.

Rodriguez says he's tried to incorporate what he's learned from his side career as an actor into the corporate world. But the key lesson that improv has taught him may come as a surprise. "The most important thing would be listening," says Rodriguez. "How im-

Engage your audience

As anyone who has ever given a presentation or tried to speak with an extremely busy colleague knows, it just takes a moment to lose the interest of your audience.

- "If an individual is physically involved in something and not verbally responding to you, simply acknowledge it," advises Rodriguez.
- "Say, 'You're really involved in something, and what we are talking about requires an extensive conversation. What other time can I come in and talk about it?'"
- "Putting someone on the spot forces them to reschedule the meeting or to stop being distracted and talk to you."

portant that is, to listen to someone, and how it feels realizing even more how it feels to not be listened to. It's one of the worst feelings."

Rodriguez shares these improv tips for anyone looking to get ahead in the workplace.

Keep the conversation going

The trick to succeeding, says Rodriguez, is not to let the

conversation peter out. To do this, Rodriguez says you should use what he calls the "yes, and" principle.

"It's an actor's job to justify, make positive choices and respect (the) physical and verbal reality of the scene, for example. Apply that to business," he says.

If you end up saying something like "I don't know" or "We can't do that," you are effectively putting an end to any potential ne-

gotiations and shutting the door to a potential project.

"If I don't listen to the

proposal and interact and keep that scene going, I would never know what

their thoughts were and what they were doing or thinking."

"Pre-planning my funeral was not only the most thoughtful and caring thing I did for my family, it provided financial benefits too."



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Emily Richards
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If you look around the grocery aisles, you'll find many versions of taco mixes. You can also make your own creations very easily with just a few pantry staples.

While you're planning taco night, also check out the tortilla options.

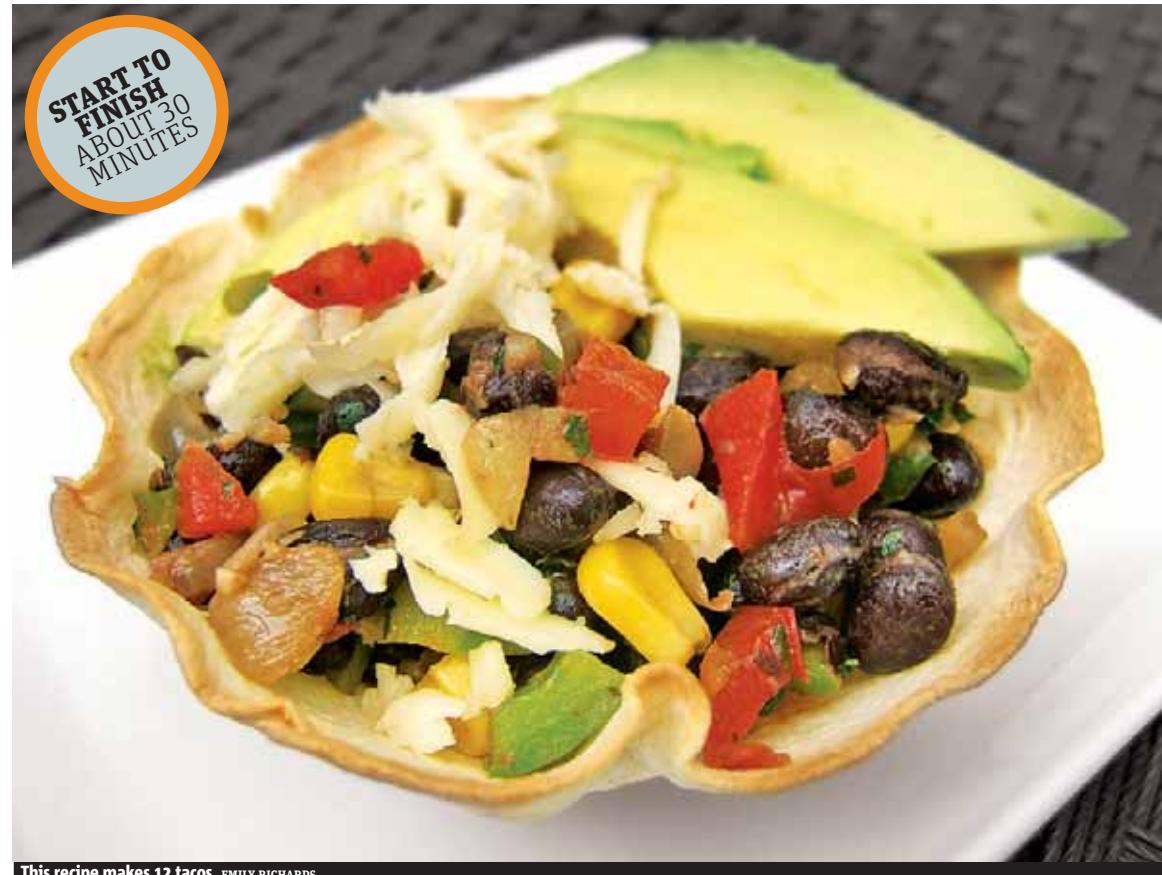
You can use flavoured flour tortillas or pick up some corn tortillas for a classic combination.

Restaurants always serve up their taco shells warm, which enhances the filling and the taco experience and you should, too.

These Vegetarian Tacos have a bit of hit of smokiness, thanks to the chipotle peppers. You can find them in cans in the grocery store.

Although you only need one for the recipe, keep the other chipotles in the freezer to add to other favourite taco or chili recipes.

If you lay them out flat on some wax paper and freeze, once they are solid



This recipe makes 12 tacos. EMILY RICHARDS

you can tuck them away into a container or freezer bag to pick out one when you need it next time.

You can make the filling for this dish ahead and

serve it up at room temperature or right out of the pan.

1. Brush your spinach or tomato basil tortillas lightly

with some of the oil. Using a 4-inch (10 cm) round cookie cutter, cut 3 circles out of each tortilla and place oiled side down in muffin tin. Repeat with remaining tortillas. Bake your mini tortilla bowls in 400 F (200 C) oven for about 7 minutes or until crispy and golden. Remove from pan and let cool.

Ingredients

- 4 large spinach or tomato basil flour tortillas
- 2 tbsp (30 ml) canola oil
- 1 onion, diced
- 4 cloves garlic, minced
- 1 can (19 oz/540 ml) black beans, drained and rinsed
- 1 chipotle pepper in adobo sauce, minced
- Half each red and green bell pepper, diced
- 1/2 cup (125 ml) corn kernels
- 1 tbsp (15 ml) each chopped fresh basil and mint
- 1 avocado, sliced
- 1/2 cup (125 ml) shredded jalapeno havarti cheese

2. Heat the remaining canola oil in nonstick skillet over medium-high heat and cook onion and garlic for 2 minutes or until softened. Stir in the black beans and chipotle pepper and cook, stirring for 5 minutes or until hot. Stir in red and green peppers, corn, basil and mint and remove from heat.

3. Divide mixture among tortilla bowls and top with avocado and cheese to serve.

FLASH FOOD

From your fridge to your table in about 30 minutes or less



Sweet yet tangy with each bite

1. In a large sauté pan over medium-high heat, melt the butter. Add the onion and sauté until translucent, about 5 minutes. Add the shrimp and sugar and sauté until just barely pink and firm, 3 to 5

Ingredients

- 2 tbsp butter
- 1/2 medium red onion, diced
- 1 lb shelled, raw large shrimp
- 1 tsp sugar
- 1/2 tsp red pepper flakes
- 1/2 cup sliced Peppadew peppers
- Ground black pepper
- 1 heart romaine lettuce, finely chopped
- Four 8-inch flour tortillas
- 2 oz crumbled fresh goat cheese
- 1 avocado, peeled, pitted and sliced



This Sweet-and-Tangy Shrimp Taco recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

minutes. Stir in the red pepper flakes and Peppadews, then heat for another minute. Season with black pepper.

2. Arrange a quarter of the romaine down the centre of each tortilla, then top with a quarter of the shrimp and Peppadew mixture. Top each serving with a quarter of the cheese and avocado slices. Serve. THE ASSOCIATED PRESS

Food around the world

Bolivia (vegan rating: 6/10)



MEAT AND VEG

meatandvegontheroad.

tumblr.com

Photos: Suzi Staheli

Words: Eoin Weldon

Meat, a contented carnivorous writer, documents his and his vegan fiancée Veg's dietary journey as they travel and munch their way across four continents.



Peppadew mixture. Top each serving with a quarter of the cheese and avocado slices. Serve. THE ASSOCIATED PRESS

Veg: Veg's choice in Bolivia resembled a beef-laden stew but it was dark chunks of soy

meat mixed in with carrot discs, peas and thin slices of leek covered in a gravy. The hearty meal was complemented by a colourful quinoa tabouli with cherry tomatoes and celery. This was offered at the impressive La Paz vegetarian joint Namas Te.



Meat: Yes, llamas are cute but, no, it did not stop me eating one. But, as I had learned on previous trips to this land, the meat is ultra tough and not all that tasty. Serves me right, I guess. The rice, avocado, yellow pepper and carrot mix did make the whole meal edible, though. It was all followed by a wooden cup of the energy-filled cult tea — South American mate.

QMJHL

Moynihan to serve 1-game suspension

The Halifax Mooseheads will be without one of their regular forwards for their home game Thursday night against the Rouyn-Noranda Huskies due to a suspension.

The Quebec Major Junior Hockey League has handed forward Daniel Moynihan a one-game ban for a check from behind against the Saint John Sea Dogs on Saturday night.

Moynihan was handed a double minor on the play in question.

In four games this season, Moynihan has two assists and a plus-2 rating.

Moynihan will return to the Halifax lineup Sunday when the team hosts the Val-d'Or Foreurs at 4 p.m.

In injury news, the Mooseheads announced Tuesday that left-winger Vince Watt is day-to-day with an upper-body injury while centre Samuel LeBlanc will be out up to six weeks with what the team is calling a lower-body injury. **METRO**

NBL Canada

Rainmen add Japanese player to backcourt

The Halifax Rainmen announced another signing on Tuesday, and this one has some history to it.

The Rainmen have agreed on a contract with Japanese point guard Seiya Ando, who played at Meiji University in Japan.

According to a release from the Rainmen, Ando will be the National Basketball League of Canada's first-ever Japanese player.

"I had the pleasure of watching Seiya play this past summer in L.A. in the Drew League, which is arguably the best summer pro league in the United States," Rainmen owner Andre Livingston said in a statement. "Seiya really impressed me with his ability to shoot the ball from behind the arc. He shot better than 40 per cent in college and he was tough and possesses a high IQ for the game."

Ando averaged 21.2 points per game in college, the Rainmen say, while adding 6.1 assists and 6.4 rebounds.

Ando is the eighth player signed by the Rainmen for the upcoming season. **METRO**



Kelades gets his shot in octagon

UFC. Cole Harbour fighter late replacement in preliminary bout for Fight Night 54

Quoted

"It's awesome. That's the icing on the cake, to be in your hometown to do it."

Chris Kelades on making his UFC debut at Scotiabank Centre on Saturday night

 **PHILIP CROUCHER**
philip.croucher@metronews.ca

When Chris Kelades woke up Monday morning, the thought of one day participating in the UFC was still just a dream.

But by day's end, the 33-year-old mixed martial artist from Cole Harbour had the break many fighters want, but few ever get.

He was added to the card for UFC Fight Night 54 at Scotiabank Place in Halifax when Louis Gaudinot dropped out

earlier in the day in his flyweight bout against Patrick (The Hooligan) Holohan.

Kelades heard about Gaudinot stepping aside, made some calls, and before he knew it, was added to the preliminary portion of the card.

"Literally, it was 12, 15 hours later," he said Tuesday. "We just got on the phone and started working it. It's a pretty remarkable opportunity."

Remarkable indeed.

Kelades' MMA career has mostly involved competition on local circuits. His biggest

fight to date was his only loss as a professional — a three-round decision to Malcolm Gordon in the preliminary card of Bellator 119 in Ontario on May 19.

As a pro, Kelades stands at a respectable 7-1, but is facing a tough up-and-coming flyweight in Holohan, who is undefeated at 10-0-1.

Holohan made his UFC debut in successful fashion in July when he scored a first-round submission by rear-naked choke against Josh Sambo at UFC Fight Night Dublin.

Still, like most fighters,

there's no lacking in confidence from Kelades.

"Whup his ass, that is what my attitude is about it," Kelades said of the upcoming three-round fight. "Not a whole lot more to say."

Kelades does concede he's the underdog against Holohan, if for no reason other than taking the fight on such short notice.

But while he does have some weight to drop prior to Friday's weigh-in — "nothing too ridiculous," as he puts it — staying game-ready is something he's always prided himself on and hopes the philosophy serves him well come Saturday.

"I'm a guy that is coming in on five days' notice against a guy who is undefeated. It's not a lose situation for me, but I'm going to win," he said.



Kelades will have Grant in his corner

Chris Kelades doesn't have to look far for someone to lean on about competing in the UFC.

Kelades trains at the same gym as Cole Harbour UFC star T.J. Grant, who wanted to fight on Saturday's card, but can't as

he continues to recover from a serious concussion.

Kelades' coach at Fit Plus Martial Arts in Dartmouth, Scott MacLean, has also trained fighters for the UFC and will be joined by Grant in

his fighter's corner.

"Both have been here before," Kelades said. "That type of support and having those people in my corner makes me more at ease."

PHILIP CROUCHER/METRO

4
SPORTS



Brandon Kozun had 46 points in 75 AHL games last season, split between the Toronto Marlies and Manchester Monarchs. DAVID COOPER/TORSTAR NEWS SERVICE

PSG no longer firing blanks under Blanc

Paris Saint-Germain set this season's Champions League alight on Tuesday with a thrilling 3-2 victory over Lionel Messi's Barcelona in Group F.

David Luiz and midfielder Marco Verratti scored their first goals for PSG as the French club produced its best performance of the season to defeat a Barcelona lineup that is unbeaten in the Spanish league.

"I'll remember this win, you do the job to experience games like these," said PSG coach Laurent Blanc, who was under pressure after six draws in nine games. "The allure of the Champions League, playing Barcelona at home, it means that you're more motivated. We needed a game like this given the situation we were in."

Luiz put PSG ahead in the 10th minute, with Messi equalizing two minutes later. Poor Barcelona defending allowed Verratti — one of the smallest players on the pitch — to drift in unmarked to head PSG ahead again in the 26th.

"We made a few mistakes at the start and we knew they were very strong on set-pieces,"



PSG defender Gregory Van der Wiel, left, vies for a ball with Barcelona midfielder Andres Iniesta during their match on Tuesday in Paris. Scan the image with your Metro News app for more results from Tuesday's UEFA Champions League action. MIGUEL MEDINA/AFP/GETTY IMAGES

Barcelona coach Luis Enrique said. "I'm not surprised at all. We know the level of this team and they have aspirations to win this competition."

Midfielder Blaise Matuidi finished off a fine move to give PSG a 3-1 lead in the 54th but Barcelona's Brazilian star Neymar replied in the 56th, again

exposing PSG's defensive vulnerability after the euphoria of scoring.

Barcelona almost equalized in the 85th when Munir El Haddadi struck the base of the post and then Sandro Ramirez dragged his shot wide in the closing seconds.

THE ASSOCIATED PRESS

Kozun trying to defy odds in Leafland

NHL. With a chip on his shoulder, 5-8 forward specializing in proving doubters wrong

From Theoren Fleury to Cliff Ronning to Brian Gionta to Brendan Gallagher, the NHL has had its share of small players who bucked the odds and challenged traditional thinking that you have to be big to make it the NHL.

Now the Maple Leafs have Brandon Kozun, a five-foot-eight speedster who is turning heads at camp and giving himself a shot at the NHL with physical play to go with his quickness.

"I'm a small guy," said the 24-year-old Kozun. "But I want to play big."

Kozun is among the 29 Leafs left before final cuts come in the last week of camp. He is on the bubble, to be sure, one of 18 forwards hoping to land one of

13 or 14 spots.

"I'm just trying to get better every day," said Kozun. "We'll see where it goes. So far, so good."

Like the smaller players who came before him, he doesn't take no for an answer. And if you tell him he can't do something, he'll just go out and do it anyway to prove you wrong.

"The one thing I like about him is he has a chip on his shoulder and he wants to prove everybody wrong for all the right reasons," says Dave Lowry, Kozun's coach for three of his four years in major junior.

Kozun was a sixth-round draft pick of the Los Angeles Kings in 2009, after he'd scored 40 goals and 68 assists for Calgary Hitmen.

He continued scoring in the AHL with the Kings' top farm team, the Manchester Monarchs. Last season, the Leafs sent prospect Andrew Crescenzi to the Kings for Kozun, who continued scoring for the Marlies.

Quoted

"Prove the guys right that drafted you. Prove the guys wrong that overlooked you."

Brandon Kozun on his motivation to succeed in the NHL

"I don't think you can expect him to step in here and be an offensive force," says Leafs coach Randy Carlyle. "He has to get comfortable in a role. He is a speedster and he's a smart hockey player."

Carlyle has repeatedly talked up Kozun; he likes his speed and the fact he can be an offensive threat. Carlyle's concern is whether Kozun can get around NHL defencemen, who are bigger and faster and smarter than AHL defencemen.

So far, Kozun has fit in. Carlyle has given him a role with the penalty killers where his speed can be an effective tool.

TORSTAR NEWS SERVICE

Women's World Cup

Artificial turf is Plan A for FIFA

Despite the threat of a lawsuit from top players, there is no Plan B beyond playing the 2015 Women's World Cup of soccer on artificial turf.

"Currently no," Tatjana Haenni, FIFA's deputy director of the competitions division and head of women's competitions, said Tuesday in an interview from Ottawa.

"We play on artificial turf and there's no Plan B."

A group of female players has threatened to file a lawsuit over the turf, saying it is discrimination since men would never play their World Cup on artificial turf.

FIFA has retained an independent consultant to examine the playing surface at venues in Ottawa, Moncton, Montreal, Winnipeg, Edmonton and Vancouver.

Haenni says playing on approved artificial turf is part of the game.

"It's in the competition regulations and in the laws of the game that artificial turf can be used for any international match including FIFA World Cup qualifiers and has been used for such matches," Haenni said.

THE CANADIAN PRESS

DUI arrest

Olympic legend Phelps left to apologize again

Olympic champion Michael Phelps apologized Tuesday for his latest brush with the law, saying he was "deeply sorry to everyone I have let down" with an arrest for DUI.

Police charged the 18-time gold medallist after officers said he was speeding and failed field sobriety tests when pulled over in his native Baltimore early Tuesday.

This is the second time Phelps has been arrested on drunken-driving charges, the first coming in 2004 after he competed at the Athens Olympics. He also was photographed using a marijuana pipe after the 2008 Beijing Games, which resulted in a three-month suspension from USA Swimming.

The 29-year-old Phelps was charged with driving under the influence, excessive speed and crossing double lane lines in the Fort McHenry Tunnel on Interstate 95 in his native Baltimore, according to the Maryland Transportation Authority.

THE ASSOCIATED PRESS

Figure skating

Chan taking year off of competition

Three-time world champion Patrick Chan plans to skip the upcoming figure skating season and return to the competitive circuit for the 2015-16 campaign.

Chan, who took a break from training over the spring and summer while he pondered his future plans, will take part in invitational events and exhibition programs over the coming months.

"My goal is to return to a full competitive schedule after this year," said Chan. "I am proud of my accomplishments in Sochi and my world championship titles, but I do feel that there is still more that I can achieve. I will return to competition having learned new ways of training and preparing from this year off."

THE CANADIAN PRESS



Patrick Chan GETTY IMAGES

2015 Mitsubishi Outlander

- Type.** Five-door, compact crossover
- Engines.** 2.4-litre inline four-cylinder (166 hp), 3.0-litre V6 (227)
- Transmission.** CVT (automatic), 6-speed Sportronic automatic
- Price.** \$25,998 base, \$38,928 as-tested

Market position

Available in many 2WD and AWD guises, including very advanced S-AWC. Big brother to RVR, the latter based on a shorter version of the Outlander platform. One of few compact SUVs still available with third-row seating and V6 power. Struggling to be heard in a very crowded and competitive segment.

Points

- One of the first in segment to offer adaptive cruise control, lane-departure warning and forward-collision mitigation (on GT trim line).
- Super All Wheel Control manages over/under steer and traction via front-to-back and side-to-side torque split.
- All-new for 2014, and updated for 2015 with a more aggressive, all-black, front-end look.



A third row of seats is available, but it's pretty tight back there.

Safety features

Seven standard air bags, 4-wheel disc brakes with ABS, electronic brake force distribution, traction and stability control, hill start assist, tire pressure monitoring, available adaptive cruise and lane departure and forward collision mitigation, anti-theft alarm and engine immobilizer.

Out of mind, not out of sight

PHOTOS: MIKE GOETZ



Review. Mitsubishi Outlander remains popular, despite automaker's lower profile in tough CUV market

MIKE GOETZ
drive@metronews.ca

The Mitsubishi Outlander is easy to overlook when you're compiling a short list of cross-over utility candidates.

Put that down to Mitsubishi being one of the smaller automakers in the business, the proliferation of competitors in this segment, and the perennial chart-topping performances of CUV segment pioneers and icons Ford Escape, Honda CR-V and Toyota RAV4.

And put it down to the

Outlander itself, never one to stand out in a crowd, at least visually.

All new in 2014, and retooched for 2015, the Outlander has made great strides in the looks and interior sophistication departments.

Our top-of-the-line GT tester looked fetching in deep red and 18-inch two-tone mesh alloy wheels.

Although the base Outlander, the front-drive ES, starts at \$25,998, the GT range, which comes with Mitsubishi's Super All-Wheel Control system (S-AWC), starts at \$36,198. Our tester was further bolstered with the \$2,730 Navigation Package, for an as-tested and meaty price of \$38,928.

For that, you get loads of premier safety technology and an Outlander that can really grip the road. The S-AWC system, first developed



The interior is uncluttered and effective, with new soft-touch materials.

for the over-achieving Evolution sports sedan, keeps the crossover seriously connected to the road in any twisty and/or slippery condition.

But the rub is, you rarely feel like pushing the cornering experience in the Outlander. A bit bigger and heavier than its compact-CUV competitors, it unfortunately

feels even taller, heavier and a bit nervous at the wheel.

The GT's 3.0-litre V6, good for 227 horsepower and 215 lb.-ft. of torque, is certainly powerful and refined enough, and the six-speed transmission shifts smoothly.

Fuel economy is rated at 11.5 L/100 km in the city and 8.4 on the highway.

The interior is uncluttered and effective, with new soft-touch materials for 2015. It's easy to find a sweet spot in the driver's seat, with lots of adjustability and visibility.

The SE and GT models come with a third row of seating, but it's super-tight back there.

The GT's 710-watt Rockford Fosgate sound system, with eight speakers and a 10-inch subwoofer in the cargo area, was predictably awesome.

Lower-level Outlander models have less high-tech hardware and fewer gizmos to talk about, but seem to have no problem finding buyers. In fact, Outlander outsells many competitors that have more name recognition.

So it is definitely one to consider for a test drive, especially if you need V6 power or seven seats in a CUV.

5
DRIVE

Ramping up the damp for Camaro Z/28

Driving Force. High-performance version of Chevy sports car needed more dynamic handling for the racetrack

JIL MCINTOSH
drive@metronews.ca

Shock absorbers and struts play an essential role in keeping your vehicle safely on the road.

They absorb bumps and help keep your tires firmly planted on the road, but there are high-performance versions that stiffen the ride and allow for more dynamic handling on sports cars.

The Chevrolet Camaro Z/28 uses a new system, called Dynamic Suspension Spool Valve (DSSV) Dampers, intended to improve the car's handling during intense use on a racetrack.

"We identified a need and looked at what systems were out there, but they didn't do the job we wanted to accom-



Engineering specialist Anthony Lyscio helped develop a suspension damping system for the Camaro. JIL MCINTOSH

plish," says Anthony Lyscio, an engineering specialist at GM's Canadian Regional Engineering Centre in Oshawa, which created the DSSV system. "We couldn't solve it with (existing systems), so we came up with our own invention."

When you go over a bump,

the vehicle's springs absorb the impact to give you a comfortable ride. But, on their own, they would continue to bounce the car up and down. The shock absorbers dissipate this energy to reduce the bouncing and keep the car under control.

Most of them are essen-

tially hollow tubes filled with oil and bolted between the frame and the wheel. Inside is a piston that contains tiny holes. Oil passes through these holes as the piston moves in and out, slowing its movement and controlling the car's bounce.

This is known as damping,

which is why shocks are also called dampers. The rate at which the oil passes through helps to determine how softly or firmly the car will ride.

Most shock absorber pistons use flexible steel discs to control the internal oil flow, but the DSSV system uses a spool valve with laser-cut ports, which allow additional oil flow when required.

The ports provide more consistent operation than a shock absorber with steel discs, and allow the engineers to "tune" the shock for the car's high-performance ride and handling.

How the suspension is tuned depends on the vehicle. Everyday cars have a softer ride for comfort, but sports cars need firm suspension to help the driver with control on hard curves and at high speeds.

The Z/28 also comes with stiffer springs than a regular Camaro, which give a harsher ride but provide even better performance on a track.

The spool valve already existed — created by auto parts supplier Multimatic and used in motorsports. Lyscio's

Bouncing is bad

- Struts work similarly to shocks to control energy, but they are also an integral part of the vehicle's suspension system. The two are not interchangeable.
- Shock absorbers eventually wear out and should be replaced if they start to leak or no longer adequately control movement.
- A bouncy car is dangerous because the tires momentarily lose contact with the pavement, which can result in loss of steering control.

team had to take the technology and adapt it to the car.

"I like to say I can do the impossible, it just takes me longer," he says. "It's rare that there's something completely new. More often than not, it's taking pieces of existing things and combining them differently."

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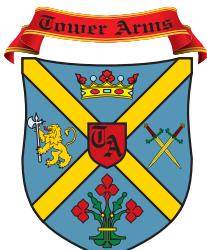
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Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

You must honour your side of some sort of bargain. If you don't, your reputation will head south. It works both ways. You can demand that others live up to their obligations as well.

♉ Taurus

April 21 - May 21

You seem to be in one of your silly moods — and that's a good thing. Most days you might worry what others think of your behaviour but today you just cannot be bothered.

♊ Gemini

May 22 - June 21

Something you take for granted will be changed beyond recognition over the next few days. But seeing as it is so clearly a change for the better, you won't be in the least bit worried.

♋ Cancer

June 22 - July 23

This may be an emotional time in your life but there are people who love you and are always there for you. If you are smart you will call on them. They will ease your fears.

♌ Leo

July 24 - Aug. 23

If you need to take stock of your money situation, this is a good time. But don't get so caught up in dollars that you view everything as profit or loss.

♍ Virgo

Aug. 24 - Sept. 23

Today's powerful cosmic activity means you can, if you wish, force your will on others. It may be profitable but is it right?

♎ Libra

Sept. 24 - Oct. 23

You should be able to find ways to deal with the challenges you'll face today. Even if they prove tougher than expected, surely there is someone you can turn to for help.

♏ Scorpio

Oct. 24 - Nov. 22

What you do in private today is more important than what you do in public, especially as it will help build emotional bonds with people you may have neglected in recent months.

♐ Sagittarius

Nov. 23 - Dec. 21

Your independence is precious to you and that means you are likely to clash with someone who does not believe you should be allowed to have radical opinions.

♑ Capricorn

Dec. 22 - Jan. 20

Remember, no matter how well you do in life and no matter how high up the ladder you climb, there is always someone bigger and badder than you.

♒ Aquarius

Jan. 21 - Feb. 19

Whatever else life may be at the moment, it certainly isn't dull. The Sun in your fellow Air sign of Libra makes even mundane events seem more exciting.

♓ Pisces

Feb. 20 - March 20

You may not be able to make sense of what is taking place around you. The important thing is that what it is you're trying to do is clear in your mind.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Bite into, puppy-style: 2 wds.
6. Fibre-__ cable
11. Noncom. officer
14. Irish tune: "Robin __"
15. Raptor's Staples Center competitor
16. Canadian journalist Mr. Velshi
17. Tosca aria: "__ d'arte"
18. Manitoba's motto, ' __ et liber'
20. Hitherto
21. Hillside
23. "Danke __!"
24. Ornamental case
26. 1959: Canada's National Ballet School founding Principal, Betty __
29. Museum bigwig
32. Puccini aria: " __ Babbo Caro"
33. Ms. Potts
34. Inert gas
36. __-d'Or, Quebec
39. Ms. Vardalos'
40. Potsie's portrayer
41. Canadian restaurant chain known for its breakfast/lunch menu
42. NYSE's 'S', briefly
43. __ water
44. Coin toss call!
45. Minstrel's instrument
46. Wet plaster murals
48. "Brick by Boring Brick" band

Down

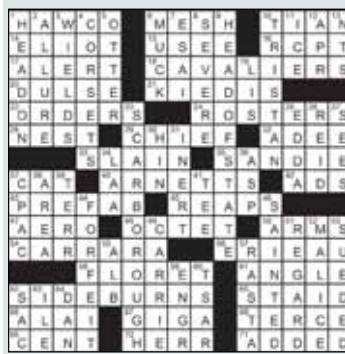
52. Deep __ bend (Gym move)
53. Out on __
54. __ sign (Bright advertisement)
56. Simon & Garfunkel's " __. Robinson"
59. Lynyrd Skynyrd song that goes "All that you need is in
- your soul": 2 wds.
62. Anticipate
64. __ kwon do
65. Strain
66. Cacophonic
67. -enne relative
68. Condemns
69. Classic communication system

1. Village People's "In the __"
2. "Thus with a kiss __ __." - Romeo
3. Harley __, Toronto-born celebrity fitness motivator
4. Three-toed sloths
5. Canadian magazine about Hollywood

6. Actress Ms. Kurylenko
7. The __ Diet ('Caveman' diet)
8. Boxing stat.
9. Occupational suffix
10. Mr. Glover
11. Bird in Disney's animation of Peter and the Wolf

12. Physics Class: Particular particle
13. Dainty denial
19. Eight: Spanish
22. "Notorious" (1946) setting
25. Cocktails, Mai __
27. Depart the Web: 2 wds.
28. "__ next!" (Former's exclamation)
29. Coke containers
30. Division
31. New York __, Mark Messier, once
35. '70s record label
36. Telephone message: 2 wds.
37. Janis' comics co-star
38. Scottish miss
40. Prefix to 'matic'
41. Shell
43. Topsy-turvy
44. Canadian ballet legend Veronica
45. Nightstand item
47. Classic lettered movie studio
48. Tomato __
49. Old Jennifer Garner series
50. Singer LeAnn
51. Supply weapons
55. Specialized doctors, e.g.
57. Stand
58. "Renegade" rockers
60. Prefix meaning 'Outer'
61. My own, in Latin
63. Tribulation

Yesterday's Crossword



Online

See today's answers at
metronews.ca/answers



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

4	5	7	6	3	1	9	2	8
1	3	6	9	8	2	7	4	5
9	8	2	7	5	4	1	3	6
8	7	1	2	6	3	5	9	4
3	6	9	5	4	7	2	8	1
5	2	4	1	9	8	3	6	7
7	9	3	8	1	6	4	5	2
6	1	5	4	2	9	8	7	3
2	4	8	3	7	5	6	1	9

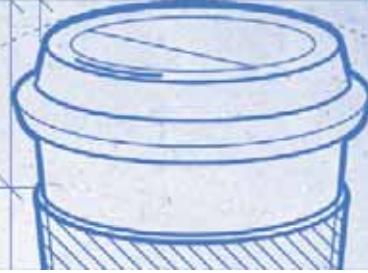
1			5	2
4	2		1	
5			9	3
8			6	7
5	7		4	1
1			7	5
3	7		2	
3			7	6
9	8			3

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